Chichester Herald

Friday 17th May 2013
YOUR FREE WEEKLY NEWSPAPER

INSIDE

Win tickets to see Star Trek into Darkness
COMPETITION
Page 22

Lyme's Disease is more common than you think
HEALTH & BEAUTY
Page 28

New appointment for Golf at Goodwood
SPORT
Page 39

Man left for dead

>> *Police question man after hit and run incident*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

DETECTIVES are questioning a man believed to have been behind the wheel of a car which left a 20-year-old Fagham man dead in a hit-and-run crash

> "The Sussex and Surrey Major Crime Division confirmed they are treating the death as a murder investigation"

Police believe that victim Charlie Hancock had been involved in a row with a man inside the car before being hit by the vehicle in Rowan Way, Bognor Regis, just after 10pm on Monday night.

Mr Hancock, of Nyetimber Lane, Fagham, was taken to St Richard's Hospital in Chichester where he was pronounced dead early on Tuesday morning, Sussex Police said.

The Sussex and Surrey Major Crime Division confirmed they are treating the death as a murder investigation.

Detective Inspector Wendy Burton, of the Surrey and Sussex Major Crime Team, said "We are appealing to anyone who saw two men having an altercation while in a grey Chrysler Voyager vehicle in Rowan Way, Bognor, between 9.30pm and 10pm on Monday, to come forward.

"We would also like to hear from any friends of Charlie who may have seen him on Monday as we are trying to trace his movements."

Continued on page 3

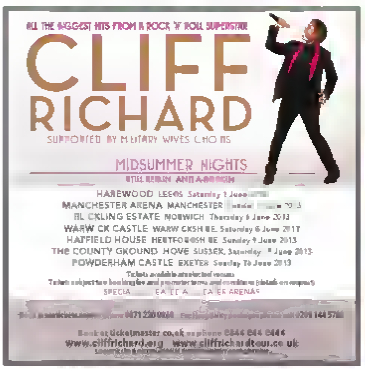
Charlie Hancock was struck and killed in hit and run crash in Rowan Way Bognor Regis

MORE HEADLINES >>

BISHOP OF CHICHESTER: CHURCH SAFEGUARDING MUST BE CLEAR *Page 3*

ALDINGBOURNE TRUST STRIKES GOLD *Page 8*

GALLERY ANNOUNCES WINNERS OF COMPETITION *Page 10*


ALL THE BIGGEST HITS FROM A ROCK 'N' ROLL SUPERSTAR
CLIFF RICHARD
SUPPORTED BY MILITARY WIVES CHOIRS
MIDSUMMER NIGHTS
HAREWOOD LEEDS Saturday 1 June
MANCHESTER ARENA MANCHESTER Saturday 2 June 2013
BLICKLING ESTATE NORWICH Thursday 6 June 2013
WARWICK CASTLE WARWICKSHIRE Saturday 8 June 2013
HATFIELD HOUSE HERTFORDSHIRE Sunday 9 June 2013
THE COUNTY GROUND HOVE SUSSEX Saturday 15 June 2013
POWDERHAM CASTLE EXETER Sunday 16 June 2013
Tickets available at selected venues
Tickets subject to booking fees and processing fees, and conditions (details on request)
SPECIAL EARLY ARENAS
Book at ticketmaster.co.uk or phone 0844 844 0444
www.cliffrichard.org www.cliffrichardtour.co.uk

Woodland Crafts
South Downs Wood Fair
New for 2013 Food Hall
at the Queen Elizabeth Country Park
Gravel Hill, Horndean, Hampshire PO8 0QE
Just off the A3 between Horndean and Petersfield, East Hampshire.
FREE Parking
Saturday & Sunday
July 13th & 14th
10am - 5pm
Fascinating displays and demonstrations
Entertainment and activities for all ages
Traditional skills, tools and equipment
CRAFTS Marquee
Adults £7.00 | Seniors £6.00 | Accompanied under 16s FREE
For details of all our events
www.woodlandcrafts.co.uk
Tel: 01243 641306 | E: info@woodlandcrafts.co.uk

WANTED URGENTLY
SCRAP GOLD BROKEN JEWELLERY WATCHES ETC
TOP PRICES PAID
Lowery Jewellers
74 North Street, Chichester, West Sussex PO19 1LQ
Tel & Fax: 01243 789518 • Email: lowery@btconnect.com

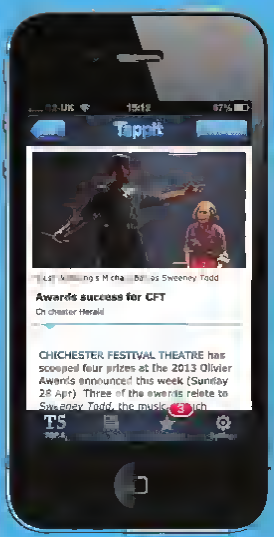
Advertise. Publish. Easy.

Tappit
You can't knock it.

Visit **www.tappit.co.uk** to get a FREE account and start creating an advert in just a few easy steps...

Category | Location | Date | Logo | Content | Publish

Get the Free Tappit App.


Tappit
Awards success for CFT
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr) Three of the awards relate to

Up-to-the-minute information about what's happening where you are...

- Location-based news, info, offers & deals.
- Favourite your interests for future alerts.
- Customise what you want to see.

Available on the App Store

ANDROID APP ON Google play

FOLLOW US ON TWITTER
@chiherald

Local News

Bishop of Chichester: Church safeguarding 'must be clear'

CHURCH procedures over safeguarding children must provide "adequate and clear evidence of accountability", the Bishop of Chichester said

Dr Martin Warner issued a statement after the case was dismissed against a retired bishop who faced disciplinary proceedings over alleged child protection failings

The complaints were against the Right Reverend Wallace Benn

The former Bishop of Lewes had said no misconduct had been established.

Bishop Benn was accused by the diocese safeguarding advisory group under Clergy Discipline Measures (CDM) of failing to tell police about paedophile priest Robert Coles, who was jailed in February for sexually abusing three boys aged from 10 to 16

It was said in court Coles told senior clergy, including Bishop Benn, he had abused one of the children but the information was not passed on to the police

Bishop Benn subsequently insisted there was no ingratitude or cover-up on his part.

The statement issued by Bishop Warner said the complaints against Bishop Benn related to a difficult and unusual case

He said: "The motivation for pursuing it was to indicate to survivors and their families complete commitment to a thorough and transparent investigation

"The Church's procedures must be seen as providing adequate and clear evidence of accountability in safeguarding matters

He added he hoped lessons learnt in Chichester would influence a national review of the CDM system to ensure this adequacy of procedures to providing reassurance to victims and the public that accountability was in place

Another Level's Dane Bowers pleads not guilty to assault charges

FORMER Celebrity Big Brother contestant and Another Level singer Dane Bowers has pleaded not guilty to two charges of assault, following an alleged brawl.

He was the headline act at Butlin's in Bognor Regis when the fight was said to have taken place on 20 April.

The 33-year-old DJ from Coulsdon, Croydon, appeared at Worthing Magistrates' Court.

Mr Bowers and two other men were released on bail until the trial at Chichester Crown Court on 29 October

Wade Bowers, the singer's 31-year-old brother, pleaded guilty to possessing cocaine, and not guilty to using threatening words

Terry Kesse, 35, entered the same pleas to both charges

The singer became famous in the 1990s as a member of R&B band Another Level

He appeared in Celebrity Big Brother in 2010

Continued from page 1

Messages of condolence have been paid online to Charlie. On Twitter, one person wrote: "RIP Charlie Hancock, you were a good mate just shows how quickly life can be taken away, thinking of you and your family. Whilst another on Facebook added: "RIP Charlie, the last few weeks have been funny with u, u was a funny lad, my thoughts go out to ur family and lil boy, u will sadly be missed by so many people, sweet dreams fella xxx"

Rowan Way was still closed to the public on Wednesday morning as police continued their investigation.

Anyone with information is asked to call Sussex Police on 101, quoting Operation Southwick.

Let us know what you think
@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

According to Census 2011, a total population for Chichester District was estimated to be 113,794 of which 47.8% were male and 52.2% were female

CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400
LEISURE CLUB
at Chichester Park Hotel
Our Leisure club is the perfect place to relax and unwind away from everyday pressure. You'll be able to enjoy a leisurely splash in the pool and if you really want to relax there's the sauna and steam room too. Entry is free when you stay in the hotel.
To become a member of leisure club is easy, all you need to do is contact us and we'll be more than happy to help. Membership is available for only £25.00 with no joining fee.
Opening Times
Please note: Last entry is 30 minutes before closing
Monday to Friday: 7.00am - 9.00pm
Saturday: 8.00am - 8.00pm
Sunday: 9.00am - 5.00pm
Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel: 01243 817400 www.chichesterparkhotel.com

Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@ChalcroftN
"Lots of stunning shrubs arriving tomorrow Will post some pics up #bognor #Chichester #Littlehampton"

@Frontera
"Question for my railway followers When was the bay platform on the Portsmouth side at Chichester taken out of use?"

@MossleyDaniel
"Having a good day at Chichester college giving a lecture demo! Thank you for everyone who came along and to @ verdehorse for their support!"

@_MrConnor
"Just got a letter from the University of Chichester, how did they know I wanted to go back into education? #Creepy"

@WSCCNews
"Journalist & broadcaster Nicholas Owen talking about his varied career #Chichester library May 21"

Follow us: @chiherald

They add to our lovely city

Tommy Boyd

BLOSSOMING TREES
We have an abundance of cherry blossoming trees in Chichester right now they are incredible and we should take a moment to enjoy

LEAVING EUROPE
If we leave the European Union will it mean we won t be allowed into the Eurovision Song Contest and our football teams will be ineligible for the Champions League?

EUROVISION
We should send Vera Lynn to sing White Cliffs of Dover

CHICHESTER IN THE NEWS
Nice when we get in the national news makes us think people are thinking they wished they lived here This week it was a headline that John Lennon's first car is going to be auctioned at Chichester's Festival of Speed a Ferrari Were you as surprised as me it wasn t a 2CV or a VW Beetle? It shows how far he came as a person that he was skin deep enough to buy a flashy Italian motor as a boy and end up writing Imagine

SCOTTISH INDEPENDENCE
If Scotland goes free I presume the Union flag will have to be changed with the blue being removed along with the white saltire cross Seriously I presume that will actually have to happen although I haven't heard it discussed at all and there's nothing about it on the internet. I don t care one way or the other you understand just thought I d mention it

UNION JACK
The flag of the UK, which gets called the Union Jack, is actually by far the most striking flag in the world, with the Stars and Stripes coming second All the others seem to be three part bar codes boring Ours is somehow like a cartoon explosion

BUSKING IN CHICHESTER
It's going downhill a bit Chichester busking Except for the flute woman beautiful

LEAVING EUROPE 2
If you think about it It it weren t for the 20 mile wide English Channel we d have lost WW2 We d have been French anyway because Napoleon would have beaten us Maybe God cut us off from the continent for a good reason and maybe He should have a "No" vote in the referendum Well three votes as there are three of Him

STREET ART
They've been spraying away on various walls around Chichester Word was that there d be concerns from conservative types understandably We have a fantastic historic City. I was a bit worried myself and I m what they call a progressive We don t want to look like the Falls Road Belfast no offence to those who endured decades of sectarian violence and still have to put up with badly drawn balaclava men holding Kalashnikovs in cartoon hands But isn t it our new street art superb? The images are inspiring and professional the brushwork authentic and emotive They add to our lovely city Beckham's skin art meets the Sistine Chapel

JOKE
A tortoise turns up at the police station and says "I've been mugged by two snails" The officer gets her incident book out and says "Tell me what happened " The tortoise says "I don't know, it all happened so fast."

Let us know what you think
@chiherald

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

GUARANTEE YOUR SEAT AT THE AMEX
2013/14 SEASON TICKETS
AVAILABLE NOW!
INTEREST FREE DIRECT DEBIT OPTION* ON ALL 2013/14 SEASON
Ticketline 0844 327 1901 Or visit www.sea ulls.talent
Alternatively you can visit either the Queens Road or Amex t ckel offices

Chichester Herald
FREE EVERY FRIDAY
Twitter: @chiherald
01243 200999
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self selected p ck up every Friday across Ch chester and the surrounding area in a wide variety of locations with a weekly readership of up to **75,000**.

Distribution locations include Tesco, Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagents One Stop Ch chester College plus **314 newspaper stands** n the area Chichester Herald is also n all coffee shops We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the c ty

Pick up point areas and businesses delivered to include:
Aldwick, Arundel, Barnham, Birdham, Bosham, Bracklesham, Chichester, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Rose Green and East & West Wittering

Founder/Moneging Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges
megan.hedges@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

Founder/Finance Director:
Mark Ansell
mark.ansell@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

Photographer:
Rebekah Grace
www.rebekahgracephotography.co.uk

It really does work the testimonials
Furniture & Mirror based in Terminus Road say "Whilst a couple were having a coffee in Shc they picked up a Chichester Herald from the stand in the café They were in Chichester looking for furniture Having seen our advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

recycle
Chichester Herald is printed from 100% recycled paper Please recycle after you have finished reading your wonderful newspaper
Printed by Iliffe Print www.iliffeprint.co.uk

☑ Yale Security Hardware Available ☑ Checkatrade and TrustMark Approved ☑ Competitive Finance Rates Available* ☑ 10 Year Insurance Backed Warranty ☑ First Class Customer Service

Summer specials

idealwindowsolutions

Amazing deals this summer on new energy efficient windows doors & conservatories, that won't cost the earth!

Prices INC VAT	A Triple Glazed	A Double Glazed	C Double Glazed
Any 4 Windows	£2295	£1995	£1775
Any 6 Windows	£3425	£2975	£2650
Any 8 Windows	£4545	£3950	£3495
Any 10 Windows	£5720	£4970	£4365
Any 12 Windows	£6845	£5950	£5240
Any 14 Windows	£7970	£6930	£6235
Any 16 Windows	£9110	£7920	£7130

Refurbish my Conservatory

Unsafe, sloping polycarbonate roof with **E Rated** windows

Upgraded Solar control glass roof and **A Rated** energy saving windows

Any size, white PVCu Patio doors or French doors

£1095 FITTED INC VAT

Up to 1900 wide and 2100 High

Order your new fascia & soffit and get

FREE Guttering FITTED INC VAT

Exciting new range of doors and colours available

Any size any colour composite front door FITTED INC VAT £995

OR

Composite Front Door with a PVCu back door FITTED INC VAT £1550

Save money, save energy and save the planet

Over 1200 very satisfied customers can't be wrong 9.7 OUT OF 10

Proud member of Checkatrade.com Where reputation matters.

Showrooms At Market Road, Chichester & Blackbrook Rd, Fareham

Expert advice on our exclusive range of PVCu, Timber & Aluminium Windows, Doors & Conservatories. We Also Install Solar Panels

FREE PHONE 0800 731 8761

www.idealwindowsolutions.co.uk

Unit 12 Blackbrook Business Park Blackbrook Road Fareham Hampshire PO15 5DR

enviroWindows FENSA Proud member of Checkatrade.com Where reputation matters. edgcos

*These offers cannot be used in conjunction with any other offer. Prices shown are white Inish PVCu and include full installation and VAT. If you require special frames or colours please ask for details. Bay section of bay window counts as one window. Maximum window size 2.5m x 1.2m. Window offer is for our casement range only. Terms and conditions apply please ask for written details. Images used for illustration purposes only. Finance is available on orders over £1300. Finance available subject to status. We reserve the right to withdraw the offer at any time.

JOSEPH JAMES
HOMES AND GARDENS

Summerhouses, Sheds, Log Cabins, Thatched Gazebos, Playhouses, Statues & much more

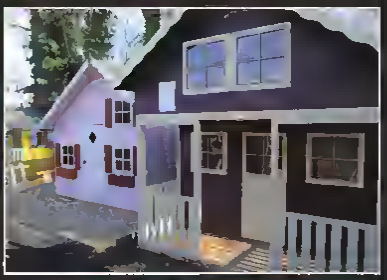
Special Offer

The Arundel Log Cabin

£2795.00

including vat & delivery!

*5 x 3 metres *44mm Wall thickness
*Double Glazed *Bitumen roofing felt
(Felt shingle option available)
*Delivery included
*Ridge height up to 2.5 metres
*Planning permission not required
(Certain restrictions apply)



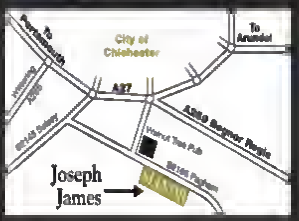
Special Offer

The Joseph James Gazebo

Special Offer Price £1595.00

including delivery and assembly!

*2780mm Width
*Pressure treated timber (Inc furniture)
*Floor included
*Furniture included 5 x Benches and 1 x Table
*Assembly included (Suitable base required)
*Can be viewed on our showsite



Telephone: 01243782828

Manor Nursery, Pagham Road, Runcton, Chichester, West Sussex. PO20 1LJ

www.josephjamesgardenbuildings.co.uk

Fax: 01243789696 *Email:* info@josephjamesgardenbuildings.co.uk

Man charged with a series of burglaries

THERE HAS been a series of burglaries across the rural areas of the South East including West Sussex which span back to last summer.

Offenders have targeted large properties in rural locations and stolen property valued at tens of thousands of pounds.

Detectives from West Sussex Priority Crime team have been working closely with other neighbouring forces to identify those responsible. In a joint operation on Thursday May 9 officers from Sussex Police worked with colleagues from Hampshire, Surrey and the Metropolitan police forces, which led to the arrest of four suspects.

Officers executed a number of warrants which resulted in the seizure of a stolen vehicle and other items stolen from a recent burglary in Midhurst. A significant amount of jewellery and other items have been seized which may have been stolen.

Homes were targeted during daytimes when the owners were out. On 29 April, five burglaries occurred across West Sussex from Henfield to Fernhurst and Loxwood. These offences have all resulted in charges.

District Commander Chief Inspector Tanya Jones said: "We have worked hard to identify those responsible for the recent increase in burglaries and have done much to curtail their activities. We have worked with the community to ensure suspicious sightings are reported and responded to swiftly, by deploying additional officers to the area."

In the meantime Sussex Police are reminding people to properly secure their property. Consider window locks and alarms and hide expensive items and jewellery.

Guy Harbord, 29, of Lordship Lane, Dulwich, London, was charged on Friday 10 May with conspiracy to commit burglary. This charge covers 77 house burglaries across the south east, with 24 such offences across West Sussex including Chichester, Horsham and Mid Sussex. He has been remanded in custody.

A 39-year-old man from Kent and a 30-year-old man from London who were arrested have been released on bail on until July 8. A 20-year-old woman from Surrey, who was also arrested was released on bail until 19 June pending further enquiries.

Detective Inspector Tracy Edwards of West Sussex Priority Crime Team said: "We will relentlessly pursue those who offend in Sussex and ensure through continued collaboration with other forces, every opportunity is taken to obtain justice for victims. I would urge members of the public to continue to report suspicious sightings - the success in this investigation is in part due to members of the public providing details of suspicious vehicles promptly to police. Other investigations have benefited from the public discreetly photographing offenders acting suspiciously and providing these images to the police. With help from the community we can ensure we make our neighbourhoods hostile to those wishing to cause harm."

If you have any information which could assist Sussex Police call 101 or ring the independent charity Crimestoppers anonymously on 0800 555111. If you see a crime in action please call 999 and request urgent police attendance.

Bounce and Play trailer missing from barn in Chichester

SUSSEX POLICE are appealing for information to help find a stolen trailer that was part of an events company.

The Bounce and Play trailer went missing from a barn in Milland, near Midhurst, sometime between 11.30pm on 8 May and 9.30am on the 9 May.

PC Darren Hall from Chichester Neighbourhood Response Team said: "The owner is very upset about the theft and has provided the enclosed photograph in the hope that it will help find the trailer which was part of his business and worth a considerable amount of money.

"If you know the whereabouts of the trailer or have been recently offered one for sale and were dubious of where it may have come from, then please call 101 quoting serial 237 of 9/5 or alternatively leave an anonymous message with the independent charity Crimestoppers on 0800 555 111."

The trailer is described as bright yellow and red and when folded into the storage/transportation position it forms a trailer the sides of which become trampolines when folded down.

TRY THE NEW FITNESS CLASS

BOKWA: AFRICAN DANCE - BOXING TO SIGN LANGUAGE

LATEST MUSIC. DRAW LETTERS & NUMBERS WITH YOUR FEET!

SUITS ALL FITNESS - BURN UP TO 1,200 CALORIES IN 1 CLASS! MAKE EXERCISE FUN!

THE PERSONAL TRAINING SESSIONS:
3 SESSIONS
ARE £70
A GREAT WAY TO GET INTO SHAPE FOR SUMMER!

Personal Training sessions offers nutrition and diet analysis by well qualified Personal trainers. We offer a FREE consultation. Individual or group sessions available. Session are taught outside in scenic areas, in the comfort of your own home or in a Fitjoy studio. Sessions include Kettlebells, TRX Suspension training with full support to reach your fitness goals.

FITJOY
exercise for all

FREE BOKWA CLASS VOUCHER - ON PRESENTATION OF THIS AD

Or if one on one training is not for you come and try our Group Personal Training or Tone and KETTLEBELLS classes.

Unlimited Classes offer £29.50 per month. No contract. Come and join in with over 13 classes per week!!

CONTACT NATALIE
07738249612
NATALIE@FITJOY.CO.UK
WWW.FITJOY.CO.UK

FITJOY CLASSES AVAILABLE IN CHICHESTER, BOGNOR REGIS, BRACKLESHAM. CHILDRENS ZUMBA AVAILABLE ALSO!

PERSONAL TRAINING, SPORTS THERAPY, ZUMBA, STREET DANCE AND CHILDRENS PARTIES

*TRIAL Unlimited classes offer excludes: Wellness camp and specialist courses. Free Voucher offer available with cheapest class free. Offer Ends June 2013. All instructors CRB checked and fully qualified. For full details of

West Sussex County Council Appointments

A SERIES of appointments were confirmed this week (Tuesday) after the first meeting of West Sussex County Council since the May 2 elections.

Amanda Jupp, who has represented Fittleworth since 2009, was elected new Chairman of the County Council.

She works part-time as an Area Manager for Independent Age, a national charity that helps older people on low incomes.

Her vice chairman will be Nigel Peters, a Chartered Surveyor, who also joined the Council in 2009 representing the Arundel and Wick Division.

Louise Goldsmith has been confirmed as County Council Leader for the next four years.

As well as the political direction of the Council, her portfolio includes the economy and external partnerships.

The Deputy Leader is Christine Field who will also be Cabinet Member for Community Wellbeing, which includes Public Health, Adult Skills and Learning and Domestic Abuse.

Aldingbourne Trust strikes Gold

A WEST Sussex based organisation which supports adults with learning disabilities has been presented with the prestigious Investors in People Gold award.

The Aldingbourne Trust was awarded the Investors in People Gold award for demonstrating a degree of excellence in the way they develop and support their staff.

The Gold award is achieved by just 2.7% of organisations in the UK, and goes beyond the nationally recognised Standard which is awarded to well-run organisations which demonstrate good management practice with a high emphasis on best practice people management and development.

Martin Gettig, Organisational Development Manager at Aldingbourne Trust, which has some 231 employees, 63 Volunteers and 12 Trustees, said: "We are delighted to maintain the prestigious Investors In People Gold Award. As a charity the Aldingbourne Trust has to demonstrate that it is effective and efficient so that people and organisations continue to kindly give their time, skills and donations. The award underlines how committed we are to working in the best ways for the benefit of our clients, tenants, candidates and students."

The Investors in People Gold Award recognises achievement in business practice and marks organisations as being at the forefront of people management. To secure the Gold award, an organisation must meet a total of 165 or more different standards, including 39 core accreditation standards.

John Telfer, Managing Director of Inspiring Business Performance Ltd (IBP), the Investors in People Centre for London and the South of England, said: "Achieving a Gold award is a fantastic achievement and sets your organisation apart as one of the best Investors in People in the country. Companies looking to improve business practice should be encouraged by the Aldingbourne Trust's admirable success and take steps to start their own Investors in People journey."

Claire Smith, the Investors in People Assessor who visited the Aldingbourne Trust, said what she admires most about the organisation is its drive to continuously develop and improve, and the creative and innovative approach that is taken to achieve this.

"Top managers' commitment to staff who have used service users is outstanding, and it is clear that people genuinely enjoy working for the Trust, wholeheartedly embrace its purpose and values, and are demonstrably committed to their work."

Research shows that organisations of any type and size that adopt a comprehensive approach to people development perform better than those without, indicated by higher gross profits per employee, higher profit margins and higher productivity. Companies that have achieved the Investors in People Standard also have higher levels of trust, co-operation and commitment than their competitors.

To find out more about IBP and the benefits of Investors in People, visit www.inspiringbusinessperformance.co.uk, email info@ibp-uk.com or call 0800 612 3098.

The Aldingbourne Trust is a local charity that supports adults with learning disabilities and runs projects across their various West Sussex sites that encourage learning, environment. They enables clients to have the same opportunities as everyone else, to live independently and develop skills to gain employment. For more information about the Trust please visit the website www.aldingbournetrust.co.uk

Aldingbourne Country Centre
Support Change · Live Life · Change Lives

BEFORE
AFTER
£50
Moisture in your double glazing?
Don't replace it, repair it!
Our innovative and sustainable process quickly removes moisture from the inside of failed double glazed units restoring their clarity. Our patented coating and vent systems prevent condensation and fog returning.
TRUST MARK
dgcos
FENSA
Celebrating 25 years of continuous trading
idealwindowsolutions
"Hello, my name's Holly and my dad runs Ideal Window Solutions, you may have heard my adverts on the local radio, all about the benefits of double glazing and all of the great offers and services that dad has at Ideal Window Solutions. Loads of people ask me about what dad does and about double glazing so I thought I could answer some of those questions on his website. If you would like to know anything about dads UPVC condensation removal service, let me know and I'll try and answer it for you!"
www.idealwindowsolutions.co.uk
Save money, save energy & save the planet Holly
We carry out all other window and door repairs
Replace existing glass with energy efficient sealed units
Handles and mechanisms repaired & replaced
Window & door hinges & stays
Leak & draught repairs
Approved by Trading Standards
NO Call out charge with Free Quotations & Advice
Dont just take our word for it!
over 1200 satisfied customers can't be wrong
Checkatrade.com
9.7 OUT OF 10
FREEPHONE 0800 731 8761
WE COVER ALL OF HAMPSHIRE AND WEST SUSSEX
Unit 12 Blackbrook Business Park, Blackbrook Road, Fareham, Hampshire PO15 5DR

Spring DEALS

Great Offers from Covers

15% OFF EVERYTHING!

(Excludes Spring Deals Offers)

When you present this voucher with your purchase

This voucher is only available for a single transaction. Voucher valid until 31st May 2013. Excludes any other offer or current discount arrangement. Discount applies to retail prices.

Inv no

Spring at Covers

MultiPurpose Compost

- 56L per bag

3 BAGS FOR £10.00

Ronseal Fencelife

- Available in 7 colours
- 5L

£5.99 each

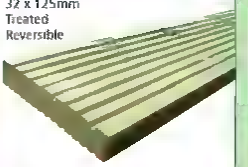
Decorative Stone

- Available in 7 colours
- 25kg per bag

3 BAGS FOR £12.00

Softwood Decking

- 32 x 125mm
- Treated
- Reversible



£1.83 per mtr

Thakeham Olympic Paving

- Gold or Silver
- Riven or Textured
- 450 x 450mm

£2.27 each

Hitachi Twin Pack

- Circular Saw – Model C7ST
- Jigsaw Model FCJ65V3

£99.00 per pack

Hozelock 25m Compact Reel

- Nozzle included
- Model 2412

£24.99 each

Fence Panel

- 6 x 6

£21.59 each

Gorilla Tub

- Available in Black or Yellow
- 38L

£4.99 each

Solid Oak Bedside Table

- 2 Drawer

£79.99 each

Logo HC4 Sleeper

NEW

- Available in 200 x 125 x 1.2m

£17.94 each

garden shop

NOW OPEN at our Chichester store

Your nearest depots are

Quarry Lane, Chichester
tel: 01243 785141

Station Yard, Bognor Regis
tel: 01243 863100

Visit www.covers.biz for opening times

Trade & Retail Welcome

COVERS

Timber & Builders Merchants

Prices include VAT. Spring Deals are valid until 31st May 2013. Excludes any other offers or current discount arrangements. Offers subject to availability, actual product/colour may differ from illustration. All delivered orders before £300.00 (ex.vat) will incur a £12.00 (ex.vat) delivery charge.

Gallery announces winners of competition

Parklands Community Primary School was named overall winner whilst Lavant House School was one of two highly commended

THE WINNER of the annual Schools Competition, a collaboration between Pallant House Gallery and the Friends of Chartres, was announced in an award ceremony on Saturday 11 May 2013.

Parklands Community Primary School was named as the overall winner of the competition, with four further schools receiving Highly Commended prizes. These were Boxgrove C of E Primary School, Lavant C E Primary School (Year 5 and 6), Lavant House School (Year 5 and 6) and Lycée maternelle Le Grand Jardin, in Chartres.

The winning school will receive the trophy and the chance to partake in a three hour workshop with printmaker Susan Ryland, in which they will create a collaborative painted piece. Two or three pupils from each of the Highly Commended schools will participate in a two hour workshop with Susan.

The competition was judged by Gregory Perry, Director of Pallant House Gallery, Ray Brown, a representative from Friends of Chartres, and Lise Chaplin, ex-teacher and member of Friends of Chartres.

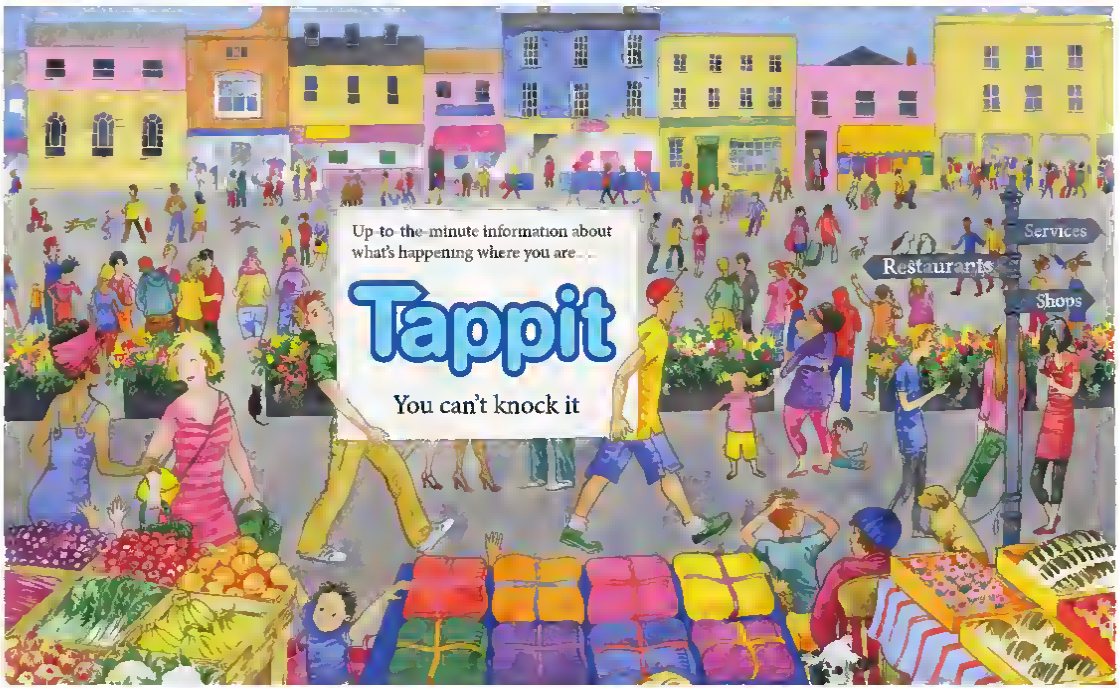
Marc Steene, Deputy Director and Head of Learning and Community at Pallant House Gallery, promoted the Awards. He says: "I was thrilled to see the numbers of young people at the Gallery as well as work of such an exceptionally high standard. It was truly remarkable to see how many talented young people there are in Chichester."

The annual Schools Competition, known as 'A Tale of Twinned Cities', is an outcome of the on-going partnership between Pallant House Gallery and the Friends of Chartres. First held in 2009 in celebration of the 50th anniversary of the twinning of Chichester and Chartres, schools from the two locations are invited to produce work on a particular theme and in a particular medium. This year's competition focussed on printmaking and took inspiration from a sense of place.

The Awards Ceremony accompanies an exhibition of selected entries in the Schools Competition, which is in the Studio at Pallant House Gallery until 27 May 2013. Running parallel to the exhibition at Pallant House Gallery, the entry from l'école elementaire Grand Jardin, Chartres, will be on display in the North Transept of Chichester Cathedral.

Margaret Brown, Honorary Secretary of the Friends of Chartres, sums up the overall aims of the Schools Competition: "Part of twinning is to learn about each other's culture, heritage, traditions and customs and these competition aims form the basis of 'A Tale of Twinned Cities'."

Friends of Chartres' Chapter 3 – 'A Sense of Place' will be on display in the Studio at Pallant House Gallery until 27 May.



Cloisters Café
CHICHESTER CATHEDRAL

Traditional Sunday Lunch

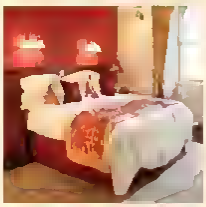
1 Course £6.95
2 Courses £10.95
Served from 11.45am - 2.30pm

Book a table:
01243 813590/813586

Royal Chantry Cathedral Cloisters
Chichester West Sussex PO19 1PX
bookings@chichestercathedral.org.uk
www.chichestercathedral.org.uk

George Bell House
at
CHICHESTER CATHEDRAL

A beautiful, eight bedroom house in the historic Cathedral grounds



A stay at George Bell House offers the convenience of a city centre location within the tranquil setting of the Cathedral precincts. An ideal location from which to explore the historic city of Chichester with its beautiful Cathedral, galleries and shops

- Bed & Breakfast rates available
- Table d'hote menu
- All rooms en-suite
- Limited parking available
- Rooms to be booked in advance

For further information regarding availability and tariffs please contact Maria Gordon on 01243 813586 or email bookings@chichestercathedral.org.uk

Party People

Mia Edwards

SUMMER is not only a time for ice cream, shocking as it may seem. The party season is just about to start, even for saddos like me.

There will always be a group of savages that parties all year round and not just when it's warm. I don't have an issue with that because it gives us something to talk about. I literally think our school year would be double as boring (I know crazy talk) if these raves didn't happen, because people would just sit at lunchtimes in silence. Seriously, I don't exaggerate when I say that caring about what happens in other people's lives is possibly the reason for half the friendships in the year. There will be no more of this bonding over conventional shared hobbies like football or dance – discussing the lives of the party animals is about the most significant conversation method.

If you think that this is pathetic, then you're right. I, however, do not care. There's nothing more awesome than coming home to a photo album called 'Drunken Night with the Girls' (a genuine example btw) and sitting looking through pictures of the girls trying to look classy and standing there swigging their WKDs. It makes me feel better about my life.

And just as a warning, if you go to a house party and do something stupid (you know the sort of deed, don't sit there looking innocent) then make no mistake, we will know by the next morning. Sorry.

It's not even like we're a colony of sadness ourselves. When we want to we do pretty kinds things we do. We can mock the ravers all we like, but that won't stop us from hyping about a house party months in advance. I love parties. Not like the ten big ones (she said wisely), but having gatherings with friends is a hoot point five. People always do that thing where they go 'ooh, off to a party are we? Wink wink nod nod, gonna be a big night is it?' I can tell you with complete certainty that that winking is a waste of muscle movement. There is minimal shiftiness in our kinds of parties. Other than the odd accident, the craziest things our friendship group do is volve overdo see of orange squash or even a cheeky lemonade.

So, young ones, party away. But don't be surprised if your private fun is in fact not-so-private gossip the next day.

From peddles to pounds

CHICHESTER Harbour Rotary Club recently held their sixth annual cycle ride to Chartres. Over the three day period during the recent bank holiday, the thirty-seven participants covered a 160 miles scenic route, this years event being in aid of St Wilfrid's Hospice and other charities.

The cyclists – the oldest among them 78, the youngest thirteen – were seen off from the Assembly Rooms by Ann Scrutton on the Friday, taking with them a gift to be presented in Chartres, one Meyer to the other. Then down to Portsmouth where the overnight ferry was taken to Eveux, and next morning off to Chartres, a civic reception and celebratory dinner. Finally, travel back to Caen on the Monday was by coach. Marshals had been posted along the route, with water-stops and first-aid for riders and cycles available throughout.

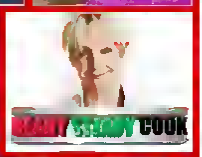
It is expected that over £15,000 will have been be raised, bringing a total of some £75,000 for a variety of charities over the last five years.

Further information about this and next year's event can be obtained from Hilary Knight on 01903 553992 or cyclechartres@hotmail.com.

WOODS
THE COMPLETE TRAVEL SERVICE
Woods Travel Limited
Park Road
Bognor Regis
West Sussex
PO21 2PX
01243 868080
www.woodstravel.co.uk

DAY EXCURSIONS

07 Jun PRISCILLIA QUEEN OF THE DESERT Mayflower Theatre
13 Jun CATS WITH LUNCH OPTION Mayflower Theatre
15 Jun CELEBRITIES ON ICE BIC Bournemouth
27 Jun STRICTLY CONFIDENTIAL WITH LUNCH OPTION Mayflower Theatre
28 Jun LOOSE WOMEN Southbank Studios
13 Jul THE WIRELESS FESTIVAL WITH JAY Z London Olympic Park
01 Aug PHANTOM OF THE OPERA Her Majesty's Theatre
01 Aug BILLY ELLIOT Victoria Palace Theatre
03 Aug KEN DODD Worthing Pavilion
07 Aug CHARLIE & THE CHOCOLATE FACTORY Theatre Royal Drury Lane
24 Aug PETER PAN, THE NEVER ENDING STORY Wembley Arena
27 Aug JERSEY BOYS Prince Edward Theatre
28 Aug WE WILL ROCK YOU Dominion Theatre
12 Sep FIDDLER ON THE ROOF Mayflower Theatre
18 Sep MATILDA THE MUSICAL Cambridge Theatre
05 Oct I'LL BE BACK AT MIDNIGHT (with 2 course lunch) The Mill, Sonning
15 Oct DANIEL O'DONNELL Fairfield Halls, Croydon
14 Oct SCROOGE Mayflower Theatre
17 Oct EVITA WITH LUNCH OPTION Mayflower Theatre



31 Oct GHOST THE MUSICAL WITH LUNCH OPTION Mayflower Theatre
23 Nov CLASSICAL SPECTACULAR Royal Albert Hall
28 Nov WAR HORSE New London Theatre
12 Dec JOHN RUTTER'S CHRISTMAS CELEBRATIONS WITH R.P.O. NEW Royal Albert Hall
13 Dec STATUS QUO Brighton Centre
14 Dec JOOLS HOLLAND & GUESTS Brighton Centre
15 Dec DIVERSITY - LIMITLESS Brighton Centre
17 Dec JLS BIC Bournemouth
17 Dec BOYZONE Brighton Centre
04 Jan DISNEY ON ICE - DARE TO DREAM NEW 02 Arena
09 Jan ROBINSON CRUSOE & CARIBBEAN PIRATES Mayflower Theatre
16 Jan ROBIN COUSINS ICE Mayflower Theatre
19 Jan CIRQUE DU SOLEIL QUIDAM NEW Royal Albert Hall
30 Jan DAME EDNA - BARRY HUMPHRIES FAREWELL TOUR Mayflower Theatre NEW
09 Feb READY, STEADY COOK LIVE NEW Mayflower Theatre
02 Apr MIRANDA HART MY, WHAT I CALL A LIVE SHOW Brighton Centre NEW
03 Apr BUDDY, THE BUDDY HOLLY STORY NEW Mayflower Theatre
04 Dec RIVERDANCE Mayflower Theatre NEW

Bedrooms by
feather & black

Clearance Outlet
Up to 80% off*

Offers of the week

Oxford Espresso Bedside
Was £99 Now £42

Noah Toy Box
Was £349 Now £76

Oxford White Single Bedstead
Was £199 Now £112

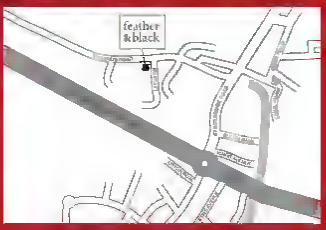
Marblehead 7 Drawer Tall Chest
Was £999 Now £212

Sebastian Super King Leather Bedstead
Was £1445 Now £223

Salisbury Large Wardrobe
Was £1145 Now £232

Visit Feather & Black's largest UK clearance outlet.
Items added daily, first come, first served.

Feather & Black Chichester, Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen.

Enjoyable learning curve for pupils in Normandy

The Year 7 Prehendal pupils in France

YEAR 7 pupils at The Prebendal School in Chichester are settling back into the English way of life after spending a week at Le Château de la Baudonnière, the French language immersion school centre in Normandy.

The twenty boys and girls returned on Saturday 4th May 2013 after days of totally immersing themselves in the French language.

The Château is a favourite among teachers in the UK as it helps pupils learn to speak and understand French in a truly French environment. Everyone speaks French and this translates into a better understanding for the children who gain more when they return to their classrooms.

During their stay, the Prebendal pupils also took part in a number of outdoor activities and excursions.

Deputy Head, Mrs Diane Colvert, said "Their ability to speak and understand French improved substantially but more importantly, they now have the confidence to use their French and understand the practical benefits of learning and using a foreign language."

Council flies rainbow flag against homophobia

A RAINBOW flag will be flown again by West Sussex County Council today (Fri 17 May) to support the lesbian, gay, bisexual and transgender community.

The multi-coloured banner will be hung from its buildings on Friday May 17 to mark the International Day Against Homophobia, Biphobia and Transphobia.

The worldwide event was launched a decade ago to stop discrimination, harassment and bullying.

The County Council, which has flown the rainbow flag since 2010, was named as the UK's top 100 LGBT friendly employers last year by gay rights organisation Stonewall.

The authority has also worked with young people at Worthing based charity Blueprint 22 to produce images on their feelings of sexuality.

West Sussex Conservative Leader Louise Goldsmith said: "The County Council will be flying the rainbow flag to show our support for all LGBT communities.

"It is also a good chance to demonstrate how we are opposed to all forms of discrimination, harassment, bullying, and hate crime."

To find out more about next month's International Day Against Homophobia and Transphobia visit www.westsussex.gov.uk

Museum showcases historian's research

A UNIVERSITY of Chichester historian has been working with the Weald & Downland Open Air Museum on a seventeenth-century historic clothing project, which will be exhibited at the Museum next week.

Dr Dianne Tankard, a senior lecturer at the University, received RIF-funding (Research Funding Framework) for a collaborative project to make two replica seventeenth-century outfits drawing on her documentary research on the clothing of the rural poor in seventeenth century Sussex. The project has been documented in a short film made by Darren Maplestone, senior lecturer in Media, which is in the final stages of production.

Alongside her role at the University, Dianne is a social historian at the Museum, working closely with the Museum's Interpretation Department and its Historic Clothing Project.

Her project, along with the Museum's Historic Clothing Project, features in a small exhibition in Crawley Hall running 20-26th May. The exhibition will explore documentary and pictorial evidence of what men and women wore and how they acquired their clothing. It will also look at the production of seventeenth century clothing, including fabric, dyeing, clothing construction and clothing accessories such as shoes and headwear.

A range of replica clothing made by the Clothing Project will be on display, including clothing made to be worn and displayed in two exhibit houses, Pendean (built in 1609) and Poplar (built c.1630).

The exhibition is open from 11am – 5pm and entry is included in the normal Museum admission price.

Sat 25th is Cat Homing Day 12-2pm

Cat and Rabbit Rescue Centre

Good News: Alexis and Kfg3-12 & Km95-12 have homes!

ADOPT AN OLDER CAT so it can enjoy this summer too, if you can. This winter has been long and hard and it has been a struggle to keep all warm and comfy.

Seventeen cats older than 6 years need homes. Such a cat won't climb the curtains and is less bother to the wildlife, and an older cat is friendly and affectionate. Adopt a pair (see below) and allow their interaction to brighten up your days! The Rescue asks for a minimum donation of £45 for each neutered cat and this includes vaccination, microchip, and Petplan Vet insurance for 4 weeks. No-one knows what the future holds, and if you can no longer keep a cat that you have adopted from This Rescue Centre then you can contact us and return it.

There is also a Foster Care Scheme, where if a cat is on certain medication or has an ongoing problem and you take this cat on, the vet bills will be paid by The Rescue using this Rescue's vet.

Waiting for a home

Edith and Gwen are a tabby and white friendly, responsive 14 year old pair looking for homes

- Edith and Gwen are a tabby and white friendly, responsive 14 year old pair
- Fenella is an 11 year old very affectionate black and white female desperate for someone special again to love
- Edward, black and white and 10+ years, is friendly with 10 year old Black Billy
- Faye, Chas and Fizz are 6 years old, black and can be housed together, as a pair or separately
- Budd is black and Laurel is black and white, a gentle 10 year old pair
- Shirley is a 13 year old affectionate black and white female.

Visits Are Strictly by Individual Appointment 7 days a week, except on Homing Days.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409.

Go Wild With Ed

WELCOME to Chichester Harbour Area of Outstanding Natural Beauty. The harbour is a great place to get close to nature. Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy, gives a brief update on what you should be looking for as you explore the harbour by land or boat.

Polecat at Cobham

Birds

The seabirds are busy breeding. Gull species are mostly already nesting and the terns have now arrived, with Little Tern, and lots of Common and Sandwich Terns sighted within the Chichester Harbour nesting colonies.

After a very slow start migrant birds such as Swifts, House Martins and Swallows have arrived in numbers. Cuckoos have been heard in a few locations around the harbour. Other migrants that have recently passed through the harbour include, Osprey, Whimbrel and a male Marsh Harrier that hung around Thornaby for about a week.

Mammals

The use of camera traps (as popularised by various BBC nature programmes) has led to an interesting discovery of a Polecat at Chidham. This species was lost from much of the UK, but is now recolonising its former range.

All the bat species will now be active. Keep a look out at dusk for bats emerging, the smaller bats like the Pipistrelle will be doing a great job eating biting insects in your gardens.

Reptiles and Amphibians

Ponds are now full of masses of tadpoles, as they get bigger it is easier to identify if they are frogs or toads, frog tadpoles are speckled, while toads are uniformly black (or dark brown).

Plants

Plants are now bursting into flower. Bluebells are at their peak along with Cuckoo Flower, Lesser Stitchwort (Butcher's Buttons) and Garlic Mustard.

In grasslands, and in some lucky peoples gardens, the early flowering (but quite rare) Green Winged Orchid is now flowering. As the spring and early summer continues a succession of orchid species will come into bloom.

Sightings

Please report any interesting sightings to the Harbour Office.

CHICHESTER
DRAGON BOAT
CHALLENGE 2013
CHICHESTERDRAGONBOATS.ORG.UK
SUNDAY 2ND JUNE
LIKE ADVENTURE!
Are you fit, healthy, fun-loving and ready to "row for the team"?
Then don't miss this opportunity to participate in the best day out of the year.
Join all the contestants at The Rotary Club of Chichester Priory's DRAGON BOAT RACE DAY on Sunday 2nd June.
To register your interest in entering, simply visit: chichesterdragonboats.org.uk
CancerWise
ROTARY INTERNATIONAL
Perhaps you have friends who would like to join you so that you can enter a team or club boat.
Our Dragon Boat Day raised thousands of pounds last year, all of which went to needy Rotary charities, and our our principal partner charity, CANCERWISE.
GET INVOLVED! RAISE MUCH-NEEDED MONEY AND HAVE THE TIME OF YOUR LIFE!

First couple are married at intimate new venue in Chichester

THE FIRST couple to marry at an intimate new ceremony room in Chichester have spoken of their happy day

David and Diane Morris, of East Preston, were wed on Friday, May 10 in a special ceremony at West Sussex Record Office

The Orchard Street venue now has a licensed room available to stage marriage or civil partnership ceremonies on selected days

The Morris were the first newly-weds to sign their names in the register, in front of a small audience of close friends

David said "We wanted to be somewhere nice to get married. We didn't want to travel. Chichester is so beautiful, it had to be Chichester and we were so lucky that they were opening up this new venue – as it turns out we were the first marriage here."

Wife Diane added "The fact that it is very small and intimate made it special. We just wanted it to be quiet with a couple of friends, so it was just ideal. They did it so beautifully the ceremony was gorgeous. They made us feel very at home and relaxed."

As well as being available for marriage and civil partnership ceremonies, the room inside West Sussex Record Office is licensed for baby naming and renewal of vows ceremonies

The room can cater for a maximum of 12 guests

It is the first time the County Council has been able to offer a small, intimate room for hire in Chichester since the register office in

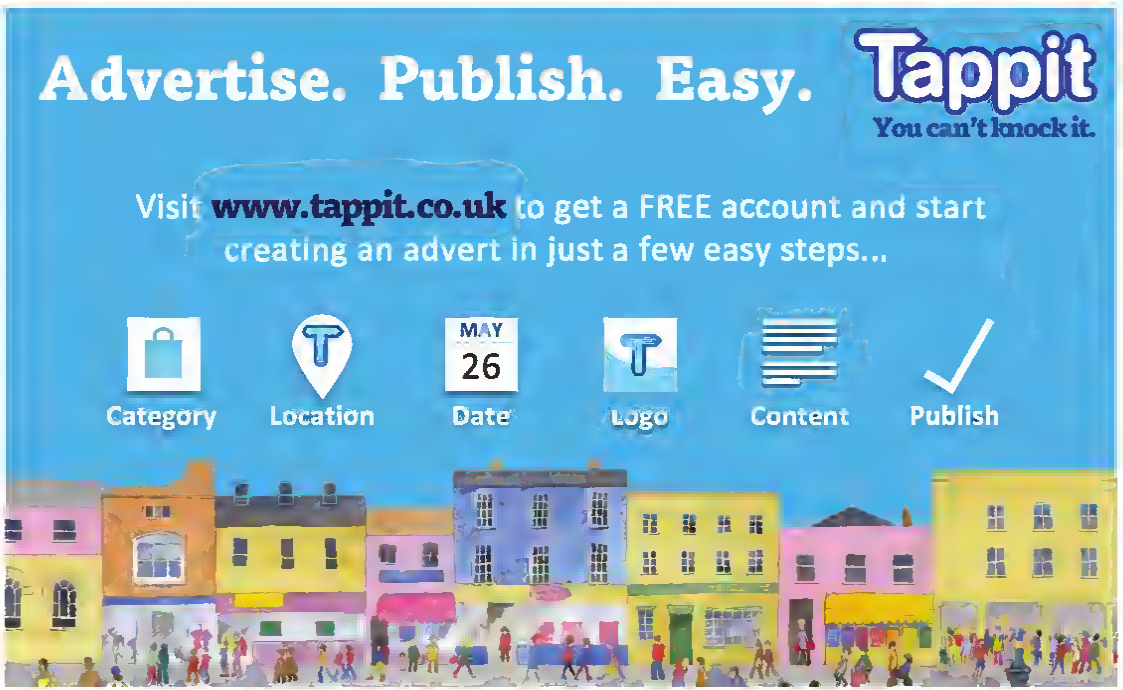
North Street was closed in 2011

West Sussex County Council's Head of Ceremonies, Alison Wheeler, said "We are delighted we can now offer the perfect venue for intimate ceremonies, in the heart of such a historic city

"With so many wonderful places to eat, stay or visit in Chichester and the surrounding area, having a venue like this available can widen your options if you are planning your big day

"It also something to consider for couples in the south of the county who may have thought they needed to travel outside West Sussex to find a suitable ceremony venue before."

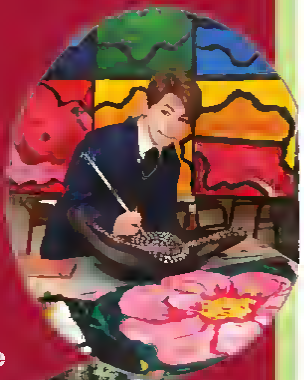
To find out more, or to book the venue call the Ceremonies team on 01243 642122



GREAT BALLARD
SCHOOL

CONGRATULATIONS
TO

OUR SCHOLARS
On their recent awards to their senior schools - *"WELL DONE!"*



THE GB RUNNERS
To all the parents and staff who have trained to take part in the Bognor 10k race - *Good luck!*

OUR STAFF
On the launch of our Forest School and a *great* year

To be part of our success and to find out more about Great Ballard School where inspiring days happen at school and education is enriched with adventure and discovery, please contact us to arrange a visit.

Great Ballard Forest School

New from Summer 2013 is our Forest School

IAPS Co-educational school for children aged from 2½ - 13 Situated between Chichester and Arundel

www.greatballard.co.uk

Eartham House, Eartham, West Sussex 01243 814236 registrar@greatballard.co.uk

A letter from Chloe in Bristol's Frenchay Hospital

Chloe's New Legs

Hi Chloe here, writing from my hospital bed. I had my operation last week and my physiotherapy has started big time. It's really intensive – I'm exhausted! I'm walking with a zimmer frame but have splints to support my ankles for the first few months. I don't even get a rest when I'm in bed! I've got to wear full length gaiters to stretch out my knees and leg muscles.

I really don't like the food. The choices are horrid, served on plastic plates only big enough for a five year old. That's the children's ward for you. But the family bring me in dinners or take me to the hospital restaurant, so I'm not starving.

I've had lots of visitors. Mum and Gran take it in turns as someone is always here with me. I've also had visits from Auntie Emma, my stepdad Stuart, my Dad, my sister Laura and cousin Emily, and Simon James from Coast to Coast Café who brought me a carrier bag of sweets. He knows me so well!

Thank you so much for all your good wishes and messages of support. It means so much.

With love,
Chloe

Chloe's Guides fundraising events taking place the next week or two:

• Race Night – Friday 17th May. At Hamilton Arms, Stubham at 7.30pm. Suggested by regular customers after hearing about Chloe's Appeal on Spirit FM, a brilliant and competitive night!

• Biking it Big Time for Chloe – Saturday 18th May. The Bognor Regis Cycle Club and Spirit FM have got together to link Bristol and Bognor in a sponsored cycling extravaganza! Some super fit bikers will cycle from Frenchay Hospital, Bristol, to the Tesco Superstore in Bognor Regis, arriving about 2pm. Spirit FM will be broadcasting live from Tesco with pit-stop phone-in progress reports from the long distance cyclists.

• Body Shop Chichester, Relaunch Party – Saturday 18th May 10am – 4pm. The Pink Ribbon will be cut by Sally Austin, Managing Director of Spirit FM and the lovely Body Shop girls will be offering makeovers and hand massages for donations to Chloe's New Legs.

• JAMES BOND CHARITY BALL 24th 25th May, is being held by the Dubspec VW club

at Purbrook Park School as part of a fun weekend that includes the chance to camp overnight. Sponsored by Westfalia UK, tickets are just £10 (free for children). Raffle, auction and more, bring your own drinks. Food available from the Coast to Coast fish and chip van and from Guiseppe's ice cream van. For more details call Tony 07971405312 or email tracievoyesy@hotmail.co.uk. THANKS TO ALL INVOLVED IN STAGING THIS 007-TASTIC EVENT!

• Southdowns Way Challenge 25th-26th May. Wayne, Stuart, and a team of fellow mountain bike enthusiasts will be doing a pioneered cycle ride along the entire length (115 miles) of the Southdowns Way over 2 days. If you are out walking the Southdowns Way over the weekend 25th-26th May please bring some spare change to throw into the buckets.

Come & see what our professional designers can do for your kitchen, at the right price!
FREE GLASS SPLASHBACK BEHIND HOB
Freestyle Kitchens
Portfield Trade Centre, Chichester PO19 8NS 01243 776000 | Broadwater Green, Worthing BN14 9BY 01903 215550
We are open Mon - Sat 9am - 5pm (evenings by appointment) Email: kitchens@freestyledirect.co.uk www.freestyledirect.co.uk

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UPTO 45% off WINDOWS

DOORS FROM £599 Including VAT & Fitting!

Huge Savings on Conservatories & Orangeries

Aluminium & PVCu Bi-fold Doors

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk

BRITANNIA CONSERVATORIES WINDOWS • DOORS

Chichester Business

FOLLOW US ON TWITTER
@chiherald

Two key senior appointment at Henry Adams

SIMON Smith has been appointed to head the residential sales team at Henry Adams in Chichester, while John Corrie moves to a new position leading special projects, as the company moves into a dynamic new phase of operation.

"Having been born in Chichester and brought up in this area, I am very much a local man, so it's a particular honour to be heading up our flagship branch in such a fantastic city," says Simon.

"This is a particularly exciting time for me as May 2013 marks a decade with the company. I started as a trainee negotiator at my father's company, Neal Smith Partnership, which subsequently merged with Henry Adams. Since then I have worked in and managed a number of Henry Adams offices which has given me a genuine understanding of local markets throughout West Sussex."

John Corrie has 29 years' experience marketing property in the Chichester area, now takes on a wider role for the Partnership involving 9 of the Henry Adams offices including Chichester, Wittering, Selsey, Emsworth, Rose Green, Bognor and Middleton on Sea.

He will also be developing two additional marketing initiatives for Henry Adams future presence in the Retirement sector and Coastal & Waterside marketplaces, in association with the London office.

Simon Smith takes up his new position with the team

John commented: "I am excited to take on the new roles which are an integral part of our vision and will enable Henry Adams to forge further ahead of the competition. We have qualified and experienced staff in every office and by harnessing their combined depth and breadth of knowledge of each local micro-market, our service is geared to benefit individual clients needs, with the highest levels of customer care and results."

Henry Adams are at the forefront of property marketing in Sussex, Surrey and Hampshire, offering a complete range of services including agricultural, commercial, planning and land departments as well as being at the forefront of residential sales.

To contact Simon or John please email chichester@henryadams.co.uk, or call on 01243 533377.

Further information can also be found online at www.henryadams.co.uk and on Facebook and Twitter.

Poetry prize for university lecturer

A POEM written by a lecturer at the University of Chichester has been awarded one of the top prizes in a literary competition that attracted 13,000 entries from across the globe.

Dave Swann's poem, "The Last Days of the Lancashire Boggarts", hit the top ten in The National Poetry Competition, organised by the Poetry Society.

The lecturer in English & Creative Writing was presented with his Commendation by the poet Roger McGough at a special event in the Savile Club in London.

Afterwards Dave said he was "thrilled to get a gong". He described his poem as "an attempt to recall some of the superstitions from my childhood – bits and pieces of folklore that hegsred on while most of the rest was fading away. And this got me thinking about monsters, generally. Why do we need them? What are they for? And how are the monsters of our era different from the monsters that our ancestors believed in?"

It is the second time that Dave has gained a Commendation in the competition, which was established in 1978 and is now recognised as one of the world's biggest and most prestigious poetry contests. His previous success was in 2003 with 'The Hills', another poem inspired by Northern England.

Dave Swann

A spokesperson for the Poetry Society said that 13,041 poems had been entered for this year's competition, all of them read anonymously by the judges Vicki Feaver, W N Herbert and Nick Laird.

Past winners of the National Poetry Competition include Tony Harrison, Ruth Padel, Philip Gross, Jo Shapcott, and the Poet Laureate, Carol Ann Duffy, who was present at this year's ceremony to present The Ted Hughes Award for New Work in Poetry, a prize that Dave was shortlisted for in 2011.

To read Dave's poem go to www.poetrysociety.org.uk/content/competitions/npc/npc2012commended#swann all

Rebekah Grace
PHOTOGRAPHY
www.rebekahgracephotography.co.uk
Tel 01243 773297
Mobile. 07983548459

...they are only this little...
for a little while...

Invest in exquisite images of your tiny baby

SPECIAL OFFER

£100 OFF
A NEW BORN FINE ART PHOTOGRAPHY SESSION*

Up to a 3-hour Fine art New Born starting from £95

Voucher Code NEWS100

*Terms and conditions: £100 off New Born Photography Session. Valid for new bookings only until the 30th June 2013. Valid on New Born shoots that include a disc of images. Not valid on session fee only. The fee covers the New Born session and preparation of images for you to view. Payable at time of booking your session.

south coast human resources
SC HR

Take the stress out of employing staff with South Coast HR

Your people are the most important part of your business, and without them you can't succeed. Your employees can also create big headaches when it comes to employment law compliance, underperformance, absence and making sure you recruit the right person for the job.

For a small business having your own HR Manager is often a complete luxury that most just make do, and do without.

Now that luxury can become an affordable reality with South Coast HR. We become your HR Manager and take care of all your people needs leaving you free to get on with running your business.

Let us take care of
- Drafting / issuing employee contracts
- Drafting policies and keeping these up to date
- Dealing with any maternity leave & flexible working requests
- Monitoring and dealing with employee sickness
- Dealing with any staff complaints
- Interviewing potential staff
- Advising on disciplinary situations and conducting those difficult meetings
- Advising on how to make any redundancies
- Training and development
- On site HR administration
- Plus much much more

South Coast HR are friendly and approachable and will take time to get to know you and your business – providing you with honest, practical advice when you need it most. Either pay for what you need as and when you need us, or budget for your needs from as little as just 4 hours a month.

@SouthCoastHR

Call: 01243 717693 Email: contact@sc-hr.co.uk www.sc-hr.co.uk

FOLLOW US ON TWITTER
@chiherald

West Sussex County Council signs £20 million deal to bring superfast broadband to 44,000 rural homes and businesses

WEST SUSSEX County Council signs £20 million deal to bring Superfast Broadband to 44,000 Rural Homes and Businesses

Fibre broadband will be rolled out to around 98 per cent of West Sussex homes and businesses within the next three years, following a multi-million partnership project between West Sussex County Council and BT

The Better Connected West Sussex Broadband project builds on BT's on going commercial fibre deployment across the county, and will provide broadband infrastructure to over 44,000 premises with superfast speeds of at least 24Mbps by the start of Spring 2016

On completion of the rollout, the aim is for all premises within West Sussex to receive a minimum of 2Mbps but with a vast majority achieving speeds well in excess of this

The new fibre network will transform broadband speeds across the county and its rural areas According to Ofcom, the county's average downstream speed is currently 11 7Mbps whilst 9 7 per cent of premises receive less than 2Mbps

BT has been chosen following an extensive and thorough selection process The company is contributing £7 6m towards the overall cost of deployment in "non commercial" areas while West Sussex County Council is contributing £6 26m, with £6 26m coming from the Government's Broadband Delivery UK (BDUK) funds

Louise Goldsmith, Leader of West Sussex County Council, who is responsible for economic issues, said "We are delighted to have entered into a partnership arrangement with BT that will significantly increase the county's opportunity to grow its economy, and help all residents to enjoy the benefits of being online

"West Sussex County Council is very aware of the problems that slow speeds can in some cases, can broadband not all can cause local businesses and people working and running businesses from home This was a key rationale behind the Council's decision to invest more than £6 million to provide more access to better, faster broadband across the county

"We are now looking to BT, having won the contract, to deliver services to those areas which we know are without"

Bill Murphy, managing director Next Generation Access (NGA) for BT, added "This is super news for the people of West Sussex The county is mainly rural and over half of its business Areas of Outstanding Natural Beauty There is a need to balance new development and infrastructure needed by communities to reduce congestion and support a vibrant local economy while maintaining the character of the county This is where fibre broadband can play a key role, for example by revitalising small towns, villages and hamlets by making it possible to start and run a connected business from these locations"

Engineers for Openreach, a BT's local network business will build the new fibre infrastructure

Fibre to the Cabinet will be the main technology deployed This can deliver wholesale downstream speeds of over 24Mbps (and in some cases up to 80Mbps), and upstream speeds of up to 20Mbps Fibre to the Premises technology – delivering ultra fast wholesale speeds of up to 330Mbps – will also be deployed in certain areas and will be available on demand throughout the whole of the fibre footprint should local businesses want the ultra-fast speeds it offers

The new fibre-based network will be open to all communications providers on an equivalent basis Households and businesses in West Sussex will therefore benefit from a highly competitive market, bringing greater choice and affordable prices from a wide range of service providers It will also boost the competitiveness of local businesses, helping them to find new customers and operate more efficiently, whilst opening up a host of new learning and development opportunities for households

Superfast broadband benefits include users being able to use multiple bandwidth hungry applications at the same time and sending and receiving large amounts of data much more quickly and efficiently New fibre services are set to transform the way consumers use the internet, from the simple sharing of pictures and video to enjoying the growing boom in entertainment services available on line

For local businesses, the fibre network will underpin the introduction of many new services and applications Big business applications driven by new cloud services will be within the reach of enterprises of all sizes Computer back up, storage and processing will be faster, and the use of high-quality videoconferencing will become a viable possibility

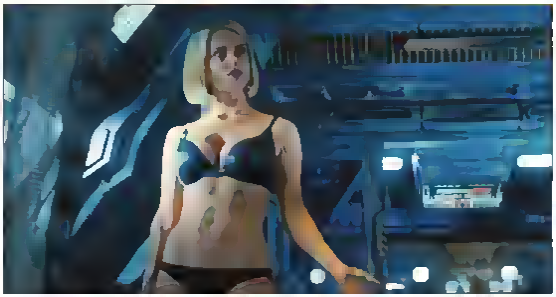
cineworld

Star Trek Into Darkness (3D) (12A)

FOUR out of Five stars

Running time: 132 mins
Director: J.J. Abrams
Starring: Chris Pine, Zachary Quinto, Benedict Cumberbatch, Zoe Saldana, Simon Pegg, Karl Urban, Anton Yelchin, John Cho, Alice Eve, Peter Weller, Bruce Greenwood, Noel Clarke

Hugely enjoyable, purely directed sequel with a witty script, superb special effects and terrific performances, the ugh some of the nods to the previous films and TV shows badly backfire.



What's it all about?
Directed by JJ Abrams (who has just been handed the keys to the Star Wars universe), Star Trek Into Darkness begins with Kirk (Chris Pine), Spock (Zachary Quinto) and the crew of the Enterprise – Uhura (Zoe Saldana), Bones (Karl Urban), Scotty (Simon Pegg), Chekhov (Anton Yelchin) and Sulu (John Cho) – boldly disobeying the Prime Directive once again in order to save an endangered civilisation. Their recklessness sees Kirk stripped of his Captaincy and Spock reassigned, but they're brought together again when space terrorist John Harrison (Benedict Cumberbatch) mounts an all-out attack on Starfleet HQ.

When Harrison is discovered to be hiding out on the Klingon planet Kronos, Admiral Marcus (Peter Weller) tasks Kirk with tracking him down and assassinating him. There's just one problem: their presence on Kronos would constitute an act of war if they were to be discovered by the Klingons.

The Good
Once again, the actors are exceptional, with Pine, Quinto and Urban in particular somehow managing to inject strong echoes of Shatner, Nimoy and DeForest Kelley into their performances, while still making the parts their own. Similarly, Cumberbatch is terrific, delivering a satisfyingly complex turn as Harrison and there's strong support from Pegg, Saldana and Weller, while Alice Eve makes a welcome new addition to the crew as Doctor Carol Marcus.

The witty script pays homage to the original TV series' with lots of fun eye lines and several moments designed to elicit whoops and cheers from Trekkies everywhere, Bones even gets a Dammit Jim, I'm a doctor, not a mechanic! More importantly, the screenplay gets strong emotional currency out of the relationships and friendships between the Enterprise crew members, particularly Kirk, Spock, Bones and Uhura.

The Bad
Abrams keeps things moving at a brisk pace, ensuring the film never drags, despite its 130 minute running time. That said, though the effects are excellent throughout, the film is curiously short on big action set-pieces and some of the smaller fight scenes are poorly staged.

The film's biggest problem, however, is the risky game it plays with redoing key sequences from the previous films and TV shows: what they gain in cleverness, they lose in emotional impact, as it's impossible to watch them without thinking, Hmmm, this was a lot more moving when they did it the first time round. There's also a key This Will Be Important For Later moment that's so badly and obviously telegraphed that it's actually laughable.

Worth seeing?
Fan pandering issues aside, Star Trek Into Darkness is enormous fun, thanks to an engaging script, superb special effects and terrific performances from a quite perfect cast. Highly recommended.

May Sky Diary
By Pete Littlejohns

Mercury will be visible to the naked eye at the end of the month very low down in the west. Venus also appears at the end of May shortly before Mercury.

Jupiter, which has been absolutely brilliant is now shifting into the evening twilight heading up with Mercury and Venus. By the 27th all three planets will be within a few degrees of each other making for an unusual sight if the sky is clear.

Saturn is really showing itself well now, being almost due south at 2300hrs mid-month between the constellations of Virgo and Libra. For such an enormous planet (120,500km diam.) it spins (a day) in 10hrs 32mins. It has ferocious wind speeds of up to 1800km an hour and lightning storms 1000 times more powerful than on Earth. The largest of its many moons, Titan, (5150km diam.) which can be seen in good binoculars or a small telescope, has lakes of liquid methane and possibly volcanic activity.

There are two meteor showers in May, the former one on the 13th from the constellation of Scorpio, low in the south-east, with a rate of around 5 shooting stars an hour, and the latter one on the 5th from Aquarius low down in the north-east. This shower has a rate of around 35 meteors an hour at its peak and is associated with debris from Halley's comet.

May Planetarium Shows

Fri	17	7.30pm Southern Stars, Nearby Galaxies
Sun	19	3.30pm Springtime Stars and Galaxies
Mon	27	3.30pm Seven Wonders of the Solar System
Wed	29	3.30pm Springtime Stars and Galaxies
Fri	31	7.30pm Violent Sun, Space Weather

Tickets: Adults £6.00, Children £4.00. Tickets are available to callers at the The Novium, Chapel Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07518 297292 to reserve your tickets. Payment by cash or cheque only, on the day. A map showing our location can be found at www.southdowns.org.uk

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q. WHO PLAYED SPOCK IN THE ORIGINAL STAR TREK TV SERIES?

A. WILLIAM SHATNER

B. LEONARD NIMOY

C. DEFOREST KELLEY

Send your answer and include your full name, address and a contact phone number to ***competition@chichesterherald.co.uk***. One lucky winner will be selected at random. Closing time is Tuesday 21st May 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Steve Pawsey from Barnham.

Chichester Herald accepts no responsibility for any prize not claimed.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

Future of the art world on display at university

ART collectors and critics will descend on the University of Chichester this month to see the first works of student artists graduating this summer.

The University's Fine Art Degree Show exhibition takes place in the artOne building at the University's Bishop Otter Campus in Chichester. It opens to the public on Saturday 18th May and runs until Sunday 26th May, and features work from 35 different artists, all endeavouring to forge new careers and to follow their creative pursuits.

The University is one of the first to hold its degree exhibition event, marking the start of the show season for universities. Degree shows offer the first opportunity to view and purchase artwork from student artists who will work to build a greater profile in the coming years.

Head of Fine Art at the University, Steve McDade said: "I would like to congratulate all of the artists presented in this exhibition. They have shown their skill, drive and ambition in creating such enthralling and exciting work."

Opportunities exist for art lovers to show their support for students by purchasing pieces of their work at affordable rates.

The show is open between 11am and 7pm on 18th - 24th May, and between 11am and 6pm on 25th - 26th May.

For more information, go to: www.chi.ac.uk/fine-art/undergraduates/degree-show

Exceptional theatre at an exceptional price

A SPECIAL allocation of tickets priced at just £8.50 for 18 – 25 year olds has gone on sale for the world premiere of If Only, a political drama by David Edgar.

It's a great opportunity for young people to see this highly relevant new play which shines a very bright light on the people behind the people who run our country.

Alan Finch, Executive Director at Chichester Festival Theatre, said: "We are committed to making theatre affordable for younger audiences and will continue to make £8.50 tickets available throughout this season to nurture future generations of theatregoers."

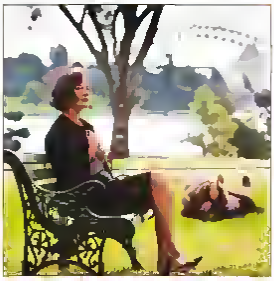
£8.50 tickets will be on sale for all performances of all productions in both the Theatre in the Park and the Minerva Theatre during Festival 2013; they will be released one month before the first preview of each production.

Chichester Festival Theatre was also one of the most successful participants in the Arts Council's A Night Less Ordinary scheme to give away tickets to young people in 2009 - 10.

For more information about the 18s 25s ticket offer, or to book tickets, visit cft.org.uk/550 or call the Box Office on 01243 781312.

Films showing at New Park Cinema

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'



New Park Cinema

Fri 17 May
13.30 The Eye of the Storm (15) 119m
16.15 I m So Excited (15) 90m
18.30 A Hijacking (15) 99m
21.00 I m So Excited

Sat 18 May
13.30 I m So Excited
15.45 The Eye of the Storm
18.00 Uni Graduation Screening
21.00 A Hijacking

Sun 19 May
13.30 Theorem (15) 95m
15.45 The Eye of the Storm
18.30 Concert: Berlin Philharmonic LIVE (U) 150m
21.15 I m So Excited

Mon 20 May
12.00 I m So Excited
14.00 The Eye of the Storm
16.45 Theorem

Tue 21 May
13.30 A Hijacking
16.00 I m So Excited
18.15 I m So Excited
20.30 The Eye of the Storm

Wed 22 May
12.00 I m So Excited
14.00 The Eye of the Storm
16.30 A Hijacking

Thu 23 May
13.45 I m So Excited
16.00 The Eye of the Storm
18.30 I m So Excited
20.45 A Hijacking

CHICHESTER FESTIVAL THEATRE
in association with
CAMERON MACKINTOSH
presents

BARNUM

With
CHRISTOPHER FITZGERALD TAMSIN CARROLL

Music by CY COLEMAN Lyrics by MICHAEL STEWART Book by MARK BRAMBLE

In a Revised Version by Cameron Mackintosh and Mark Bramble

15 JULY - 31 AUGUST THEATRE IN THE PARK
01243 781312 cft.org.uk
ARTS COUNCIL ENGLAND
CHICHESTER FESTIVAL THEATRE

CHOICE

Bonnie Tyler

Eurovision Song Contest 2013
BBC1, 8pm

Graham Norton returns to the commentator's booth for the 58th Eurovision, which this year takes place in Sweden. Favourite to win is Denmark's Emmelie de Forest. Norway's I Feed You My Love has been described as a cross between Daft Punk and Metallica while Marco Mengoni is the Italian X Factor champion. The UK is represented by Bonnie Tyler and Believe in Me, although we don't expect her to get nul points we don't believe she'll turn out to be the winner either – but we'll be thrilled to bits if we're proved wrong.

BBC1

6.00 Breakfast. 10.00 Saturday Kitchen Live. 11.30 Nigel Slater's Simple Suppers. (R) 12.00 BBC News. Regional News. Weather. 12.15 Football Focus. 1.00 Live. Meiling. 2.00 Bargain Hunt. (R) 3.00 Film: Hollywood Fully Loaded (2005) Disney comedy sequel starring Lindsay Lohan and Michael Keaton. 4.35 Escape to the Country. (R) 5.20 Celebrity Mastermind. (R) 5.00 Pointless Celebrities. (R)

6.40 BBC News. Regional News; Weather.

7.00 Doctor Who. Clara is murdered by a special meeting with Madame Vastra, where she hears a message for the Doctor – and it soon becomes clear he is being lured into a trap. Last in the series.

7.45 The National Lottery Draw. John Partridge presents a performance by veteran rockers Status Quo, and sets the balls rolling to decide the all-important numbers.

8.00 Eurovision Song Contest 2013. Graham Norton commentates on the musical extravaganza from Malmo, Sweden, as Bonnie Tyler aims to become the first UK winner since 1997 with her country ballad Believe In Me. Red-button viewers will be able to access lyrics to all songs and send comments.

11.15 BBC News. Weather.

11.25 Live at the Apollo. Al Murray hosts the third and final comedy show from the Hammersmith Apollo and welcomes guests Chris Addison and Tim Vine. (R)

12.00 Film: Lilo (1999) Pixar comedy starring Erin Mingay.

1.45 Weatherview. 1.50 BBC News.

BBC2

6.00 This Is BBC Two. 6.40 Film: Till the End of Time. (1947) 8.20 Film: Flying Leathernecks. (1951) 10.00 A History of Scotland. (R) 11.00 Mad Men. (R) 11.30 Just a Minute. (R) 12.00 The Chef's Recipe. (R) 12.30 The Chef's Recipe. (R) 1.00 The Chef's Recipe. (R) 1.30 The Chef's Recipe. (R) 2.00 The Chef's Recipe. (R) 2.30 The A to Z of TV Gardening. 2.50 Coast. (R) 3.50 Auction Hunt. (R) 4.50 Film: The Eagle Has Landed (1976)

7.00 Fly It. Paul Martin and Sue Perkins visit Wimslow, Cheshire, where valuable items including jewellery, toys, porcelain and a Georgian tea table. (R)

8.00 Call a Army. Captain Mainwaring mobilises a reserve army comprising not only the usual suspects but also makes the unlikely leaving Wilson in charge of the Home Guard. Arthur Lowe and John Le Mesurier. (R)

9.00 Sincerely Fleur Fitzgerald: A Culture Show Special. To mark a new film adaptation of F Scott Fitzgerald's The Great Gatsby, Jay McInerney explores the life and writing of the author through the letters he sent to fellow performers, lovers and friends.

9.30 QI XL. Stephen Fry hosts an extended edition of the quiz, with Jo Brand, David Mitchell, Phill Jupitus and Alan Davies answering questions in the theme of intelligence. (R)

10.18 Film: West Is West. (2010) Premiere. Comedy sequel with Om Puri and Aqib Khan.

11.55 Film: The Walker. (2007) Drama, starring Woody Harrelson.

1.35 This Is BBC Two.

ITV

6.00 GTV: Special Agent Oso. 6.10 Special Agent Oso. 6.25 The Hive. (R) 6.35 The Hive. (R) 6.40 Dino Dan. (R) 6.55 Dino Dan. (R) 7.05 Cantinalls. (R) 7.15 Cantinalls. (R) 7.20 Almost Naked Animals. (R) 7.35 Ultimate Spider-Man. 8.00 Jessie. 8.25 ITV News. 8.30 Dinner Date. (R) 9.25 The Jeremy Kyle Show. USA. (R) 11.15 My Tasty Trees with Lynda Baller. (R) 11.15 Saturday Farm. 12.15 ITV News. Weather. 12.50 Manor. She Wrote. (R) 1.30 Lower Monsters. (R) 2.30 All Star Family Fortunes. (R) 3.15 The Chase. (R) 4.15 Film: The Great St Trinian's Train Robbery. (1966)

6.00 Regional Programme. Weather.

6.18 ITV News. Weather.

6.30 You've Been Framed! Top 100 Rulebys. An countdown of 100 vacation-themed camcorder calamities and viewer-submitted mobile-phonenhilps. (R)

7.30 Britain's Got Talent. More hopefuls take their moment in the spotlight in an attempt to impress the four judges and secure a place in the live semi-finals.

8.45 The Cube. Two more contestants face the challenge. Last in the series.

9.45 The Jonathan Ross Show. With Lee Evans, Philip Glenister, Marc Warren, Max Beesley, Gemma Arterton and Framil Stream. Last in the series.

10.45 ITV News. Weather.

11.00 Film: Mickey Blue Eyes. (1999) Remiant romedy with Hugh Grant and Jeanne Tripplehorn.

12.50 Jackpot247. 3.00 The Stanley Will. (R) 3.50 ITV Nightscreen.

CHANNEL 4

6.00 The Treacle People. (R) 6.10 The Hoobs. (R) 6.35 The Hive. (R) 6.40 Dino Dan. (R) 6.55 Dino Dan. (R) 7.05 Cantinalls. (R) 7.15 Cantinalls. (R) 7.20 Almost Naked Animals. (R) 7.35 Ultimate Spider-Man. 8.00 Jessie. 8.25 ITV News. 8.30 Dinner Date. (R) 9.25 The Jeremy Kyle Show. USA. (R) 11.15 My Tasty Trees with Lynda Baller. (R) 11.15 Saturday Farm. 12.15 ITV News. Weather. 12.50 Manor. She Wrote. (R) 1.30 Lower Monsters. (R) 2.30 All Star Family Fortunes. (R) 3.15 The Chase. (R) 4.15 Film: The Great St Trinian's Train Robbery. (1966)

6.00 Regional Programmes. Weather.

6.18 ITV News. Weather.

6.30 You've Been Framed! Top 100 Rulebys. An countdown of 100 vacation-themed camcorder calamities and viewer-submitted mobile-phonenhilps. (R)

7.30 Britain's Got Talent. More hopefuls take their moment in the spotlight in an attempt to impress the four judges and secure a place in the live semi-finals.

8.45 The Cube. Two more contestants face the challenge. Last in the series.

9.45 The Jonathan Ross Show. With Lee Evans, Philip Glenister, Marc Warren, Max Beesley, Gemma Arterton and Framil Stream. Last in the series.

10.45 ITV News. Weather.

11.00 Film: Mickey Blue Eyes. (1999) Remiant romedy with Hugh Grant and Jeanne Tripplehorn.

12.50 Jackpot247. 3.00 The Stanley Will. (R) 3.50 ITV Nightscreen.

CHANNEL 4

6.00 The Treacle People. (R) 6.10 The Hoobs. (R) 6.35 The Hive. (R) 6.40 Dino Dan. (R) 6.55 Dino Dan. (R) 7.05 Cantinalls. (R) 7.15 Cantinalls. (R) 7.20 Almost Naked Animals. (R) 7.35 Ultimate Spider-Man. 8.00 Jessie. 8.25 ITV News. 8.30 Dinner Date. (R) 9.25 The Jeremy Kyle Show. USA. (R) 11.15 My Tasty Trees with Lynda Baller. (R) 11.15 Saturday Farm. 12.15 ITV News. Weather. 12.50 Manor. She Wrote. (R) 1.30 Lower Monsters. (R) 2.30 All Star Family Fortunes. (R) 3.15 The Chase. (R) 4.15 Film: The Great St Trinian's Train Robbery. (1966)

6.00 Regional Programmes. Weather.

6.18 ITV News. Weather.

6.30 You've Been Framed! Top 100 Rulebys. An countdown of 100 vacation-themed camcorder calamities and viewer-submitted mobile-phonenhilps. (R)

7.30 Britain's Got Talent. More hopefuls take their moment in the spotlight in an attempt to impress the four judges and secure a place in the live semi-finals.

8.45 The Cube. Two more contestants face the challenge. Last in the series.

9.45 The Jonathan Ross Show. With Lee Evans, Philip Glenister, Marc Warren, Max Beesley, Gemma Arterton and Framil Stream. Last in the series.

10.45 ITV News. Weather.

11.00 Film: Mickey Blue Eyes. (1999) Remiant romedy with Hugh Grant and Jeanne Tripplehorn.

12.50 Jackpot247. 3.00 The Stanley Will. (R) 3.50 ITV Nightscreen.

CHANNEL 5

6.00 Milkshake! Pepa Pig. 6.05 Roary the Racing Car. (R) 6.15 Fifi and the Flowertots. (R) 6.25 Bat and Ernie's Great Adventures. (R) 6.30 The Mr Men Show. (R) 6.45 Chloe's Closet. 6.55 Cerberus and Custard. 7.00 Pet Academy. 7.30 Monsters in Paper. 7.45 Animal Antics. (R) 7.50 Postman Pat. (R) 7.55 Peppa Pig. 8.00 Fifi and the Flowertots. (R) 8.10 Roary the Racing Car. (R) 8.25 Bat and Ernie's Great Adventures. (R) 8.30 The Mr Men Show. (R) 8.45 Chloe's Closet. 8.55 Cerberus and Custard. 9.00 Pet Academy. 9.30 Monsters in Paper. 9.45 Animal Antics. (R) 9.50 Postman Pat. (R) 9.55 Peppa Pig. 10.00 Fifi and the Flowertots. (R) 10.10 Roary the Racing Car. (R) 10.25 Bat and Ernie's Great Adventures. (R) 10.30 The Mr Men Show. (R) 10.45 Chloe's Closet. 10.55 Cerberus and Custard. 11.00 Pet Academy. 11.30 Monsters in Paper. 11.45 Animal Antics. (R) 11.50 Postman Pat. (R) 11.55 Peppa Pig. 12.00 Fifi and the Flowertots. (R) 12.10 Roary the Racing Car. (R) 12.25 Bat and Ernie's Great Adventures. (R) 12.30 The Mr Men Show. (R) 12.45 Chloe's Closet. 12.55 Cerberus and Custard. 1.00 Pet Academy. 1.30 Monsters in Paper. 1.45 Animal Antics. (R) 1.50 Postman Pat. (R) 1.55 Peppa Pig. 2.00 Fifi and the Flowertots. (R) 2.10 Roary the Racing Car. (R) 2.25 Bat and Ernie's Great Adventures. (R) 2.30 The Mr Men Show. (R) 2.45 Chloe's Closet. 2.55 Cerberus and Custard. 3.00 Pet Academy. 3.30 Monsters in Paper. 3.45 Animal Antics. (R) 3.50 Postman Pat. (R) 3.55 Peppa Pig. 4.00 Fifi and the Flowertots. (R) 4.10 Roary the Racing Car. (R) 4.25 Bat and Ernie's Great Adventures. (R) 4.30 The Mr Men Show. (R) 4.45 Chloe's Closet. 4.55 Cerberus and Custard. 5.00 Pet Academy. 5.30 Monsters in Paper. 5.45 Animal Antics. (R) 5.50 Postman Pat. (R) 5.55 Peppa Pig. 6.00 Fifi and the Flowertots. (R) 6.10 Roary the Racing Car

Monday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. 11.00 Don't Get Done in the Sun. 11.30 Bargain Hunt. (R) 12.30 Chelsea Flower Show 2013. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 Chelsea Flower Show 2013. BBC News. Regional News. 8.00 EastEnders. 8.30 Miranda. (R) 9.00 Hillsborough: How They Buried the Truth. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Have I Got a Bit More News for You. 11.20 BBC News. The Fifties. 11.50 The Graham Norton Show. (R) 12.35 Weatherview. 12.40 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Homes Under the Hammer. (R) 7.05 The Sheriffs Are Coming. (R) 7.50 Saints and Scroungers. (R) 8.20 Sign Zone: Her Hunters. (R) 9.05 Great. (R) 10.05 Great British Railway Journeys Goes to Inisha. (R) 10.35 Click. (R) 11.00 BBC News. 11.20 Would Never. 12.05 Daily Politics. 1.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Masterpiece. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Pianet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs: Prodigal. 7.00 Antiques Road Trip. (R) 8.00 Chelsea Flower Show 2013. 8.00 Town with Nicholas Crane. 10.00 Later Live with Jools Holland. 10.30 Newsnight: Weather. 11.20 The Women's Football Show. 12.00 The Turkins. (R) 1.50 Sign Zone: Keeping Britain Alive. The NHS at Two. (R) 2.50 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Dales. 9.30 Coronation Street. 9.00 Vicious. 9.30 The Job List. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 The Jonathan Ross Show. (R) 11.40 Mock. (R) 12.25 Jackpot247. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.35 Channel 4 News Midday Summary. 12.40 1001 Things You Should Know. 1.05 Sarah Beeny's Selling Houses. 2.10 Four Rooms. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Embarrassing Bodies Live from the Clinic. 9.00 Mary Queen of the High Street. 10.00 Shameless. 11.05 Ramfom Acts. 11.10 Ben Earl: Track Artist. (R) 12.10 European Poker Tour. 1.05 KOTV Boxing Match. 2.05 Australian Cup Discovery. 2.00 The Grid. (R) 2.30 Freesports on 4. (R) 3.00 FIM Superbike World Championship. (R) 3.25 VW Racing Cup: (R) 3.55 Deal or No Deal. (R) 4.50 Come Dine with Me. (R) 5.45 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Celebs Go Dating. 12.10 Extreme Celebrity Detention. 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. 3.20 Film. Mystery Woman: Redemption. (2005) Starring Kelly Martin. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 What Time Is Love? 8.00 5 News Update. 8.00 WWII's Tunnels of Death: The Big Dig. (R) 9.00 5 News at 9. 9.30 CSI: Vegas. 10.30 Criminal Minds. 11.30 Law & Order: Special Victims Unit. (R) 12.30 Film. Crimes That Shook the World. 1.10 Supercasino. 4.00 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Michaela's Wild Challenge. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done in the Sun. 11.30 Bargain Hunt. (R) 12.30 Chelsea Flower Show 2013. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 Frankie. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Wright Way. 11.05 Live at the Apollo. (R) 11.55 Film. Bandits. (2001) Comedy crime adventure starring Bruce Willis. 1.35 Weatherview. 1.40 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Helicopter Heroes. (R) 6.50 Homes Under the Hammer. (R) 7.50 Don't Get Done in the Sun. (R) 8.20 Sign Zone: Saints and Scroungers. (R) 8.05 Watchdog. (R) 10.05 Pauli Hollywood's Bread. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 My Life in Books. (R) 1.30 This Super League Show. 2.15 Classic Masterpiece. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Pianet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs: Prodigal. 7.00 Antiques Road Trip. (R) 8.00 Chelsea Flower Show 2013. 8.00 Town with Nicholas Crane. 10.00 Later Live with Jools Holland. 10.30 Newsnight: Weather. 11.20 The Tudors. (R) 12.15 The Tudors. (R) 1.10 Sign Zone: The Apprentice. (R) 2.10 James May's Man Lab. (R) 3.10 This is BBC Two. 3.55 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Vicious. 9.30 Mr & Mrs. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 The Zoo. (R) 11.35 In Plain Sight. 12.30 Jackpot247. 3.00 Loose Women. (R) 3.30 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.15 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.35 Channel 4 News Midday Summary. 12.40 1001 Things You Should Know. 1.05 Sarah Beeny's Selling Houses. 2.10 Four Rooms. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Embarrassing Bodies Live from the Clinic. 9.00 Mary Queen of the High Street. 10.00 Shameless. 11.05 Ramfom Acts. 11.10 Ben Earl: Track Artist. (R) 12.10 European Poker Tour. 1.05 KOTV Boxing Match. 2.05 Australian Cup Discovery. 2.00 The Grid. (R) 2.30 Freesports on 4. (R) 3.00 FIM Superbike World Championship. (R) 3.25 VW Racing Cup: (R) 3.55 Deal or No Deal. (R) 4.50 Come Dine with Me. (R) 5.45 Baking Mad with Eric Lanlard. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Celebs Go Dating. 12.10 Extreme Celebrity Detention. 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. 3.20 Film. Mystery Woman: Redemption. (2005) Starring Kelly Martin. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 What Time Is Love? 8.00 5 News Update. 8.00 WWII's Tunnels of Death: The Big Dig. (R) 9.00 5 News at 9. 9.30 CSI: Vegas. 10.30 Criminal Minds. 11.30 Law & Order: Special Victims Unit. (R) 12.30 Film. Crimes That Shook the World. 1.10 Supercasino. 4.00 House Doctor. (R) 4.45 Divine Designs. (R) 5.10 Michaela's Wild Challenge. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. 11.00 Don't Get Done in the Sun. 11.30 Bargain Hunt. (R) 12.30 Chelsea Flower Show 2013. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Watchdog. 9.00 The Apprentice. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 A Question of Sport. 11.05 Room 101. (R) 11.55 Film. Phenomenon. (1996) Drama, starring John Travolta. 1.35 Weatherview. 1.40 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Helicopter Heroes. (R) 6.50 Homes Under the Hammer. (R) 7.50 Don't Get Done in the Sun. (R) 8.20 Sign Zone: Saints and Scroungers. (R) 9.05 The Great British Sewing Bee. (R) 10.05 Deadly 60 on a Mission. (R) 10.35 Great British Railway Journeys Goes to Irelaho. (R) 11.00 BBC News. 11.20 No Sky. (1953) Action adventure starring John Wayne. 12.50 Lifeline. (R) 1.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Masterpiece. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Pianet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs: Prodigal. 7.00 Antiques Road Trip. (R) 8.00 Chelsea Flower Show 2013. 8.00 Town with Nicholas Crane. 10.00 Earliers. 10.00 The Apprentice: You're Fired. 12.30 Newsnight: Weather. 11.20 The Tudors. (R) 12.15 The Tudors. (R) 1.10 Sign Zone: The Apprentice. (R) 2.10 How Royal Illness Changed History. (R) 2.10 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 All Star Mr & Mrs. 9.00 Scott & Bailey. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Dirty Britain. (R) 11.05 Peter Kay's Car Share. 12.30 Jackpot247. 3.00 Film. Columbo: A Case of Immunity. (1975) Detective drama, starring Peter Falk. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.35 Channel 4 News Midday Summary. 12.40 1001 Things You Should Know. 1.05 Sarah Beeny's Selling Houses. 2.10 Four Rooms. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Location Location Location. 9.00 24 Hours in A&E. 10.00 10 O'Clock Live. 10.55 Random Acts. 11.00 12 Year Old Uber Thug Strikes. (R) 12.15 Music on 4. Mercury Prize Sessions Suede. 12.30 Music on 4. Rockcorps Presents NCS. 1.00 Revenge. 1.45 Film. Hotel Rwanda. (2004) Fact-based drama, starring Don Cheadle. 3.45 St Elsewhere. (R) 4.30 Deal or No Deal. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Aliens Are We Alone? (R) 12.10 5 News Lunchtime. 12.15 Frontiers Police. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film. Angels Fall. (2007) Drama starring Heather Locklear. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Promiliva Police. (R) 8.00 5 News Update. 8.00 Emergency Bikers: 5 News at 8. 9.00 NCIS. 10.00 Bodies in Barrels: Crimes That Shook the World. 11.00 Law & Order: Special Victims Unit. (R) 11.55 National Hospital Pet Poker Championships. 12.55 SuperCasino. 4.00 House Doctor. (R) 4.45 Great Scientists. (R) 5.10 Michaela's Wild Challenge. (R) 5.35 Wildlife SOS. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. (R) 11.00 Don't Get Done in the Sun. 11.30 Bargain Hunt. (R) 12.30 Chelsea Flower Show 2013. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Waterloo Road. 9.00 Britain's Biggest Hoarders. 10.00 BBC News. 10.25 Regional News Weather. 10.35 Question Time. 11.35 Film. The Other Man. (2008) Drama, starring Liam Neeson. 1.00 Holiday Weatherview. 1.05 BBC News.

BBC2 6.00 This is BBC Two. 6.20 Helicopter Heroes. (R) 7.05 Homes Under the Hammer. (R) 8.05 Don't Get Done in the Sun. (R) 8.35 Sign Zone: Saints and Scroungers. (R) 8.20 Italy Unpacked. (R) 10.20 Great British Railway Journeys Goes to Ireland. (R) 10.50 HARDtalk. (R) 11.15 Film. I'm All Right Jack. (1959) Satirical comedy starring Ian Carmichael and Peter Sellers. 1.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Masterpiece. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Pianet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs: Prodigal. 7.00 Antiques Road Trip. (R) 8.00 Chelsea Flower Show 2013. 8.00 The Last Days of Anne Boleyn. 10.00 Wallen & Oliver. 10.30 Newsnight: Weather. 11.20 The Tudors. (R) 12.15 The Tudors. (R) 1.10 Sign Zone: Hillsborough. How They Buried the Truth. (R) 2.10 This is BBC Two. 3.55 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Scott & Bailey. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 Dirty Britain. (R) 11.05 Peter Kay's Car Share. 12.30 Jackpot247. 3.00 Film. Columbo: A Case of Immunity. (1975) Detective drama, starring Peter Falk. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.00 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.35 Channel 4 News Midday Summary. 12.40 1001 Things You Should Know. 1.05 Sarah Beeny's Selling Houses. 2.10 Four Rooms. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Fat Family Tree. An investigation into whether genes affect body weight. 9.00 The Hunt for Britains Sex Gangs. The work of Telford police during a major child sex abuse investigation. 10.00 999: What's Your Emergency? (R) 11.05 24 Hours in A&E. (R) 12.05 Ramfom Acts. 12.10 Skint. (R) 1.10 Mary Queen of the High Street. (R) 2.05 The Secret Millions. (R) 3.05 Inside Natures Giants: Camel. (R) 4.00 Long Lost Family. (R) 4.30 Come Dine with Me. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Wild's Tunnels of Death: The Big Dig. (R) 12.10 5 News Lunchtime. 12.15 The Hotel Inspector. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.05 The Shell Seekers. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Elizabeth I: A Celebration. (R) 9.00 5 News Update. 9.00 Eddie Stobart: Trucks and Trailers. 9.30 Mad Men. (R) 10.30 Criminal Minds. 11.30 Law & Order: Special Victims Unit. (R) 12.30 Film. Crimes That Shook the World. 1.10 Supercasino. 4.00 House Doctor. (R) 4.45 Great Scientists. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. 11.00 Don't Get Done in the Sun. 11.30 Bargain Hunt. (R) 12.30 Chelsea Flower Show 2013. 1.00 BBC News Weather. 1.30 Regional News Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 Perfection. 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. (R) 6.00 BBC News Weather. 6.30 Regional News Programmes Weather. 7.00 The One Show. 7.30 Chelsea Flower Show 2013. BBC News. Regional News. 8.00 EastEnders. 8.30 Would I Lie to You? 9.00 Have I Got News for You. 9.30 Not Going Out. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Graham Norton Show. 11.25 The Wright Way. (R) 11.55 Film. Adulthood. (2008) Drama sequel starring Noel Clarke. 1.30 Weatherview. 1.35 BBC News.

BBC2 6.00 This is BBC Two. 6.10 Animal Park. (R) 6.40 Homes Under the Hammer. (R) 7.40 Don't Get Done in the Sun. (R) 8.10 Sign Zone: Saints and Scroungers. (R) 8.55 Antiques Roadshow. (R) 9.55 Question Time. (R) 10.55 Proms at 2000. Rachmaninov. (R) 12.05 Drama. Swedish starring Kurt Russell. 1.00 My Life in Books. (R) 1.30 Weakest Link. (R) 2.15 Classic Masterpiece. (R) 2.45 The Great British Bake Off. (R) 3.45 Restoration Roadshow. (R) 4.15 Pianet Earth. (R) 5.15 Flog It! (R) 6.00 Eggheads. (R) 6.30 The Chefs: Prodigal. 7.00 Antiques Road Trip. (R) 8.00 Chelsea Flower Show 2013. 8.00 The Last Days of Anne Boleyn. 10.00 Henry VIII's Enforcer: The Rise and Fall of Thomas Cromwell. 10.00 QI. (R) 10.30 Newsnight. 11.00 Weather. 11.05 Later with Jools Holland. 12.10 Film. Desert Glass. (2003) Fact-based drama, starring Hayden Christensen. 1.40 Sign Zone. Question Time. (R) 2.40 This is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News Weather. 1.55 ITV News London Weather. 2.00 May the Best House Win. 3.00 Dickinson's Real Deal. (R) 3.59 ITV London Weather. 4.00 Tipping Point. 5.00 The Chase. (R) 6.00 ITV News London Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 The Martin Lewis Money Show. 9.00 Coronation Street. 9.30 Life of Crime. 10.00 ITV News at Ten. Weather. 10.30 ITV News London Weather. 10.35 Film. Kiss Kiss Bang Bang. (2005) Comedy thriller starring Robert Downey Jr and Val Kilmer. 12.30 Jackpot247. 3.00 Film. Columbo: Lady in Waiting. (1971) 4.30 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Frasier. (R) 8.55 Frasier. (R) 9.30 Frasier. (R) 10.00 The Secret Millionaire. (R) 11.00 Come Dine with Me. (R) 11.30 What's Cooking? 12.35 Channel 4 News Midday Summary. 12.40 1001 Things You Should Know. 1.05 Sarah Beeny's Selling Houses. 2.10 Four Rooms. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Fat Family Tree. An investigation into whether genes affect body weight. 9.00 The Hunt for Britains Sex Gangs. The work of Telford police during a major child sex abuse investigation. 10.00 999: What's Your Emergency? (R) 11.05 24 Hours in A&E. (R) 12.05 Ramfom Acts. 12.10 Skint. (R) 1.10 Mary Queen of the High Street. (R) 2.05 The Secret Millions. (R) 3.05 Inside Natures Giants: Camel. (R) 4.00 Long Lost Family. (R) 4.30 Come Dine with Me. (R) 5.25 Countdown. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Wild's Tunnels of Death: The Big Dig. (R) 12.10 5 News Lunchtime. 12.15 The Hotel Inspector. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.05 The Shell Seekers. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6. 7.00 Elizabeth I: A Celebration. (R) 9.00 5 News Update. 9.00 Eddie Stobart: Trucks and Trailers. 9.30 Mad Men. (R) 10.30 Criminal Minds. 11.30 Law & Order: Special Victims Unit. (R) 12.30 Film. Crimes That Shook the World. 1.10 Supercasino. 4.00 House Doctor. (R) 4.45 Great Scientists. (R) 5.10 Wildlife SOS. (R)

Chichester HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter @chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

Food & Drink

FOLLOW US ON TWITTER
@chiherald

Insect Meals 'Good Idea' Says UN Food Agency

INSECTS are a virtually 'untapped' source of food for people, livestock and pets, according to the United Nations

Two billion people already supplement their diets with creepy-crawlies and insect farming could be one way to address food security, a UN agency has said.

Its 200 page report Edible Insects says many of the creatures are high in protein, good fats and minerals

It suggests that large-scale mechanisation of insect farming would also bring environmental benefits

Insects are "extremely efficient", needing only 2kg of feed to produce 1kg of tasty insect mass according to the Food and Agriculture Organisation (FAO)

In comparison, cattle need 8kg of feed to produce 1kg of meat.

Another advantage over their bovine friends is the amount of emissions' produced

"Insects produce a fraction of emissions such as methane, ammonia, climate-warming greenhouse gases and manure, all of which contaminate the environment," said the FAO

"We are not saying that people should be eating bugs," said the organisation's Eva Muller. "We are saying that insects are just one resource provided by forests and insects are pretty much untapped for their potential for food, and especially for feed

Tips for gourmets – UK to get first homegrown peeled white asparagus

WHITE ASPARAGUS – a highly prized gourmet food that is currently only imported from the continent is being grown in commercial quantities for the first time by an English producer

Even better news for food lovers is that the white asparagus which needs to be peeled, will be sold ready to eat, taking away the hard work in preparing it.

Until now white asparagus has been the preserve of foodies, featuring in the recipes of celebrity chefs and on the menus of top Michelin starred restaurants such as Gordon Ramsay's Foxtrot Oscar

But on this week the white asparagus, grown in the Wye Valley, Herefordshire will go on sale at Tesco stores across the UK.

That should be great news to the growing number of British asparagus lovers who have helped the homegrown crop rocket in popularity in the last decade by an astonishing 800 per cent (data from British Asparagus marketing group)

Tesco asparagus buyer Jonathan Readshaw said: "White asparagus is an absolute food connoisseur's dream and has a far more delicate taste than the green variety

"Experts say that English asparagus is the best in the world because of the country's perfect mild climate which makes for a slightly sweeter product and this new addition

"If this newly grown variety is as popular as the rest of the asparagus we produce then we could even see England selling it to the Germans and Dutch."

White asparagus is produced from the same plant as the green variety but begins

roots buried deeper under the soil.

As the spears grow in the soil the absence of light does not allow photosynthesis to take place and the spears remain white

As it is grown below the soil the skin is more fibrous than on green asparagus which is harvested above ground. Therefore it needs peeling before cooking.

Tesco's white peeled asparagus will be sold in 200g packets priced at £3 each. Each packet contains an average of six spears

Cook yourself healthy with new Waitrose LOVE life grains this summer

WAITROSE'S LOVE life grains are a delicious, quick and healthy alternative to rice, pasta and potato, as well as a perfect addition to a seasonal salad. The Quick Cook range needs only to be boiled for 10 minutes and the Pouch range can just be eaten straight from the pack or popped in the microwave for 3 minutes. You could then combine the grains with a Waitrose poached salmon fillet and some baby leaf lettuce for an ideal lunchtime salad

The LOVE life grains range contains a delicious mix of nutritious wholegrains, beans and pulses which are great for providing starchy carbohydrate, fibre and a number of vitamins and minerals for your daily diet. The grains are especially rich in vitamins B which helps our body release energy from food, while the wholegrain cereals contain a type of fibre which helps keep our cholesterol levels healthy

Top 10 most popular vineyards according to British wine lovers

WHETHER your usual tipple of choice is a crisp Chenin Blanc or a robust Rioja, World Wine Week (6th - 14th May) offers a great reason to crack open a bottle of your favourite wine and get your taste buds tingling.

To offer inspiration for travellers looking to sample the experience of wine making first hand, travel search site, KAYAK.co.uk has unveiled the top 10 most popular wineries amongst Brits, following analysis of searches on its website. It reveals that vineyards located in southwest Europe are a real hit amongst wine enthusiasts, with wineries in Spain topping the poll and Portugal occupying positions two and three

It appears that Europe is the region of choice for British wine lovers, as vineyards from this continent accounted for 80 per cent of the top 10, with California making up the remaining 20 per cent.

Suggestions on wines to sample and handy hotels for three of the top locations, as well as the full list of top 10 vineyards, can be found below

Cims de Porrera – Catalonia, Spain

Each vineyard in this region sits on steep, rocky summits around 500 metres above the village of Porrera. The black slate soils, varying micro-climates and old vines ensure the production of exceptional quality wine.

Suggested wine: Solanes Barrica (2006)

Hotel suggestions: Terramuse / Best Cambrils

Tedo River Vineyards – Douro Valley, Portugal

Douro Valley lies in north western Portugal and is combed with golden vine-filled terraces and the tranquil River Douro that winds its way from the Atlantic. The wild vineyards in this region have been awarded Unesco World Heritage status and offer a selection of tours and tasting courses

Suggested wine: A bottle of 20-year-old Tawny Port

Hotel suggestions: Aquapura Douro Valley / Delfim Douro Hotel

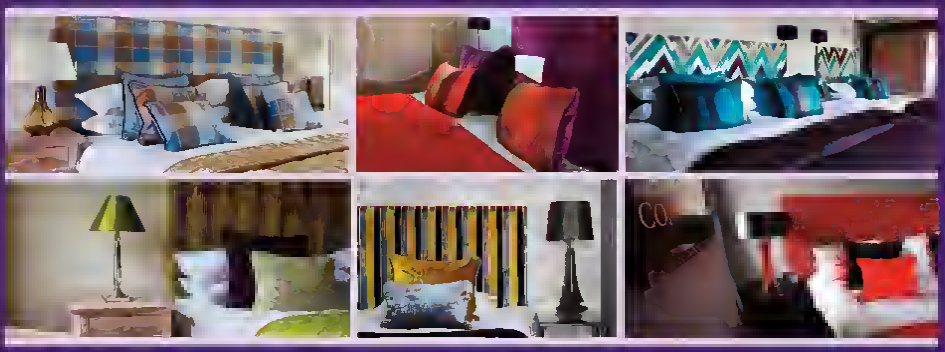
Kuleto Estate Vineyards – Sonoma Country, California

This family run, 1,650 acre estate in the heart of the Sonoma Valley produces a selection of sustainably farmed wines from elegant, balanced reds to delicate, vibrant whites. With a variety of vineyard tours and a dedicated tasting room, this winery is the perfect destination for all wine enthusiasts

Suggested wine: Kuleto Sauvignon Blanc (2011)

Hotel suggestions: Best Western Plus Sonoma Valley Inn / Hyatt Vineyard Creek Hotel and Spa

Hotel | Bar | Restaurant | Weddings | Meetings | Occasions



For reservations or enquiries please contact us

the ship

Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Connect with us

Stay up to date with our news and updates on Facebook and Twitter

@chiherald

Lyme's Disease is more common than you think

WITHIN my practice I use a testing device called an Asyra. It can give me in-depth knowledge to what's going on in a person's body – with the aim being to treat that person way before any serious disease sets in. Most of the time clients are nutrient deficient, and they find that with specific individually planned changes to their lifestyles it is possible to make incredible U-turns to reach peak health again. One of the things that I find really interesting is when I work in Sussex a great deal of people come up with Lyme's disease being present in their body. Yet, when I test someone who mostly lives in London for example, the disease is not present. In my experience this doesn't necessarily mean that that person has the disease, but is merely being exposed to it. What I would try and do is seriously boost that person's immunity and in most cases they never develop any symptoms of this disease. However, it is a very debilitating condition and everyone should be aware of the symptoms and how you can catch it.

So, what is Lyme's disease?

Lyme disease is a bacterial infection that is spread to humans by infected ticks. The ticks that cause the disease are commonly found in woodland and heath areas because that is where tick-carrying animals such as deer and mice, live and the most common symptom of

Denise Kelly

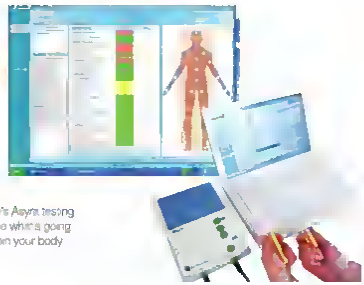
Lyme disease is a pink or red circular "bull's eye" rash that develops around the area of the bite. Flu-like symptoms and fatigue are often the first noticeable signs of infection. Diagnosed cases of Lyme disease can be treated with antibiotics but if left untreated neurological problems and joint pain can develop months or years later.

The number of new UK cases recorded each year is around 3,000, but Lyme disease charities say the figure could be as high as 15,000 annually because so many people do not have their condition diagnosed. They also acknowledge that the antibody response takes several weeks to reach a detectable level, so tests in the first few weeks of infection may be negative.

Most tick bites occur in late spring, early summer and during the autumn because these are the times of year when most people take part in outdoor activities such as hiking and camping.

The best way of preventing Lyme disease is to avoid being bitten when you are in wooded or heath areas known to have a high tick population. Yes, I know this is easier said than done! The government guidelines are very simple and include things such as wearing a long-sleeved shirt or tucking your trousers into your socks! You could also use insect repellent, but most importantly check yourself, your children and your pets for ticks after you have been to high risk areas. If in doubt see professional medical help asap.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk



Denise's Asyra testing can see what's going on within your body

Did you know...

- Apple is made of 25% air, that is why they float
- Celery requires more calories to eat and digest than it contains
- Cherries are a member of the rose family
- Honey is the only edible food for humans that will never go bad
- Peanuts are one of the ingredients in dynamite

Cheryl Cole's brunette waves the most copied celebrity hairstyle

CHERYL COLE'S long flowing locks is the most copied celebrity hairstyle in the UK, a study has revealed. The former Girls Aloud singer came top of the poll with millions of women trying to imitate the star's brunette locks.

And hair stylists Toni&Guy, which is celebrating its 50th anniversary this year, revealed they see more requests for voluminous blow-dries similar to Cheryl's style than any other.

Second most in-demand style is This Morning presenter Holly Willoughby's honey-coloured, long and wavy hair.

Holly beat her rival team captain on TV's Celebrity Juice, with Kelly Brook coming third with her brunette waves.

Sacha Mascoli-Tarbuck, Global Creative Director for TONI&GUY, which commissioned the research, said: "Many women look for inspiration when deciding what to do with their hair next, particularly if they are going for a different colour or style to their usual.

"Cheryl's long brunette hair has been popular for some time now and seems to be showing no signs of being replaced by another style anytime soon.

"The hair styles featured at the top of the list are very versatile and can be made to look different fairly easily.

"You can wear it in curls one day, straight the next and in a smart up-do for a night out. Perhaps that's why they are so popular with women."

"We see millions of woman each year requesting hair similar to celebrities, from Cheryl, Holly and Kelly's classic looks right through to Rihanna's or Rita Ora's more daring styles.

"It will be interesting to see who the next big celebrity inspiration will be."

Fourth place, in the poll of 2,000 women, went to mum-to-be Kate Middleton whose brunette, slightly wavy hair has been copied ever since her 2011 wedding to Prince William thrust her into the spotlight.

Former Friends actress Jennifer Aniston's long layered hair is still providing inspiration for millions of women, years after her famous 'Rachel cut', after being voted into fifth place.

Cheryl Cole's brief change from her signature hairstyle – mahogany-coloured waves – is at number six, followed by Cameron Diaz's short, choppy look.

TV's New Girl star Zooey Deschanel came eighth in the poll thanks to her heavy fringe and long flowing locks, while Kim Kardashian's dark, glossy hair is at nine.

Anne Hathaway's short pixie crop, which she cut as part of her role in Oscar winning film Les Miserables, completed the top ten.

And 17% have regretted copying the style of someone famous.

Over a third of Brits still not getting enough sleep

34 PER CENT of Brits are still falling short of the recommended seven to eight hours of sleep a night, according to the results of a YouGov survey commissioned by bed retailer Time4Sleep. The survey, which quizzed 2060 people on their regular sleeping habits, found that 32 per cent of us get just approximately four to six hours of sleep on average, while a further two per cent say they get even less than this.

While it was positive to see that more than half (56 per cent) of those surveyed sleep for seven to eight hours a night, the amount generally recommended for adults, the implication that more than a third of us (34%) are getting inadequate bed-rest is still worrying - particularly as poor quality sleep has been tied to rising rates of depression, obesity and even heart disease.

In a bid to uncover the reasons behind Britain's poor sleep habits, the survey also asked respondents about their activities before and around bedtime. For instance, more than four in five people (82 per cent) admit to using their mobile phones, tablets, televisions and other electronic devices within the two hours before to going to bed at least once a week, despite this behaviour increasingly being linked to sleep disturbances and an inability to "switch off" at night.

Exercise levels also seem to be a factor behind respondents (50%) said they either do no moderate to strenuous activity (29 per cent) or less than an hours' worth (21 per cent) every week. Add to that the 56 per cent described their jobs as "very stressful" or "fairly stressful" and two in five admitted to taking work home with them at least once a week, and it may suggest that a significant proportion of people are finding it hard to make time to relax in the evenings.

The data also revealed some regional variations in people's sleeping habits. Perhaps surprisingly, Londoners were some of the most likely to get their regulation seven to eight hours of shut-eye (58%) joint with those in the East, in spite of the perception that life is busy and hectic in the capital. Those in the north of England got the worst sleep overall, with 38 per cent saying they sleep for six hours or less per night.

The results of the survey may suggest a widespread sleep problem in the UK, it was at least encouraging to see that relatively few people are relying on sleeping pills to drop off at night. 87 per cent of respondents said they never used artificial sleep aids, suggesting that the majority of us may be able to improve our sleeping habits simply by making lifestyle adjustments rather than resorting to medical means.

Spire
Portsmouth Hospital

Our people make us special

our people set us apart from the rest

Clinical Recruitment Day

Saturday 25 May, 10am - 3pm

At Spire Portsmouth Hospital we are always looking to develop our range of clinical services, therefore we need new staff to help us deliver high quality care to our patients.

We are recruiting for RGN ward, outpatient and theatre nursing positions, including scrub, anaesthetic and recovery practitioners.

If you would like to find out more about a rewarding healthcare career at Spire Portsmouth Hospital please come along to our recruitment day.

For further information, call **02392 456171** or
email **info@spireportsmouth.com**
www.spireportsmouth.com

Start your new career with Spire Portsmouth Hospital

Fashion & Lifestyle

FOLLOW US ON TWITTER
@chiherald

Parents regret what they find online

56% OF BRITISH dads confess to checking up on their kids via Facebook at least once a month, compared to 54% of mums according to research from student social networking website Unicam, which launches today. Inevitably though, these spying pursuits end up worrying more at what they find with swearing, drunkenness and nudity featuring in the top five regrettable discoveries.

Unicam's research of 1,000 UK adults into the nation's social networking experiences found that 50% of parents with kids on Facebook had regretted their snooping, having witnessed something untoward. The top five most common worrying findings were:

Facebook Post – Parents

1. Inappropriate comments from their friend 32%
2. Comment / update in which they swore 28%
3. An image of their child drunk 25%
4. A drunken status update 21%
5. An image of their child naked 17%

Tattoos, drug taking, smoking and being somewhere they shouldn't also featured in the top ten findings.

The Unicam research also showed that the younger generation are only too aware of the upset their online behaviour can cause family members, with 18-24 year olds being the most concerned about parents prying into their posts online.

This temptation for parents to use Facebook to keep tabs on their children appears too great for many to resist. Of those who are connected to their kids, only 33% of mums and dads confirmed there was no way they would ever take a peek.

Unicam.com has been launched specifically with this in mind, giving university students an online social network just for them, so they can communicate with friends without fear of recrimination from family members or future employers.

Users of Unicam are outbound via their student email address to sign up meaning their profiles can only be viewed by fellow students making it a truly closed environment.

"Most students wouldn't invite their parents to a party or bump them into a phone conversation, so why should they have to worry about what they might see on social networks?" explained Marco Nordone, 24-year old CEO of Unicam.

Mega bust-boosting bikini hits the high street

WOMEN can now get the beach cleavage they want without surgery, as high street retailer Debenhams has today launched a bikini which boosts your assets by two cup sizes.

The new bikinis have mega boost padding to plus an underwire to support and shape the bust.

The 20 piece range of Ultimate Beach bikinis go on sale this week in Debenhams stores nationwide and online, as the sun is shining and temperatures across the UK are finally reaching double figures, bringing thoughts of hot, summer beach holidays to mind.

The range features varying levels of cleavage support and enhancement, meaning women can choose just how big a boost they want to achieve. For a subtle lift, there's a natural formed cup option, right through to a noticeable lift and uplift. To achieve a dramatic cleavage boost, one of the bikinis has a built in 'extreme' lift and adds curves in all the right places.

Saye Sasho Nagalingam, Senior Swimwear buyer for Debenhams, "This bikini gets big results – no surgery required!"

"The best thing is women can choose how big or small they want the look to be, meaning there's an easy way to get any level of cleavage on the beach."

With a host of celebrities such as Katie Price, Victoria Beckham, Samantha Gheldis and Amy Childs having gone under the knife, it's a popular look to have a bigger cleavage than ever before.

Women conscious of having a smaller bust can boost their confidence when at the beach or around the pool using these clever bikinis, while those with bigger assets can rest assured they feel and look firm with the help of the padding and underwire.

Continues Sasho Nagalingam, "With over 20 pieces in the range, there's enough to last women more than a two week holiday in the sun, meaning they can feel confident and happy to bare their beach body the entire break.

"We see a huge percentage of our A-C cup bras sold have enhancing elements to them, so there was a clear opportunity to offer our swim customers something that makes them feel sexy, look great on the beach as well as in the bedroom."

The range is available in Debenhams stores and online now at debenhams.com.

Prices start from £8 for a bikini bottom and £20 for a top.

Horoscopes

Horoscopes from Kimi
17 - 23 May

Aries

Most people cannot mind read but you have the habit of expecting this. This week you need to be clear about your needs and to communicate what they are in a straightforward manner. You may think you are being diplomatic but this could be misinterpreted as being moody so tread carefully and all will be well.

Taurus

Your financial worries may not have completely disappeared but they are beginning the show signs of resolution this week which makes you breathe a sigh of relief. Try not to let your insecurities affect the emotional areas of your life. The key is in the word insecurity you are more highly thought of than you think!

Gemini

There will be a long awaited resolution this week to some thorny problem. You are about to enter a new phase in your life. You can approach it with gusto since this week very little can go wrong. If you are single then this could be a good week for romantic dinners and liaisons.

Cancer

This week you will need to do a little soul searching. It is time for you to stop procrastination and truly own up to how you feel about others. Don't be afraid of getting hurt. Sometimes relationships come to a natural end and if someone disappears from your life this may be for the best in the long run.

Leo

There could be some prickly customers surrounding you over the next few days. Keep your cool and just steer away from the controversial topics of religion, politics and money and all will be well. No, you will not be seen as sitting on the fence but as someone who is a good listener and possible future friend.

Virgo

Let he who is without sin cast the first stone! Try not to listen to gossip this week but if you can't help it, then whatever you do don't repeat it, or you could end up being the one who gets blamed. Worse still it is likely to be untrue! Keep your counsel and your job.

Libra

By focusing on your spiritual needs this week rather than the purely physical you will find great comfort. Money does make the world go round but remember but to use another cliché all that glitters is not gold. Our relationships with others, a higher being or our environment will give true meaning to our lives.

Scorpio

If single, you need to dress to impress this week as it could be a great week for flirting, dating or entering into relationships. Now I am not suggesting that you will meet the love of your life but certainly you could meet with someone who turns out to be a not too unattractive distraction over the next few weeks.

Sagittarius

You may be thinking of signing up for a mini marathon or perhaps getting a physical check up. This is a great week for tackling health issues both on a diagnostic and a preventative level. If you share your troubles and your activities with a friend the former will be halved and the latter prove to be more fun!

Capricorn

Relationships could prove difficult this week. Remember to err is human to forgive divine. You nearest and dearest may bring you to breaking point this week but try to follow this tenet and you will bring about a lasting closeness that is altogether on a different plane. And remember you would not be angry if you did not care.

Aquarius

You may well be feeling a little sad and lonely this week and dare I say it a little sorry for yourself. Be a little reflective and think of all the blessing you have and you will then be able to put things into perspective. There cannot be light without shade and this is just one of those inevitable periods.

Pisces

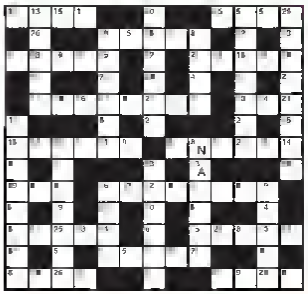
This week try to spend some quality time at home so that you can recharge your batteries and be careful when voicing your opinions. Once said it cannot be retracted, so be very careful before sounding off this week. You set impossibly high standards and although may be able to live up to them others may not.

Brain Gym

No.117

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19
7	20
8 N	21
9	22
10	23
11	24
12	25
13 A	26

Last week's solutions

1 R	2 Q	3 Y	4 P	5 A	6 F	7 B	8 U	9 T	10 S	11 X	12 H	13 L
C	M	N	J	E	Z	G	V	I	D	K	W	O

Wordsquare

S	C	E
N	E	S
O	S	I

Give yourself ten minutes to find as many words as poss ble using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate

8 words - average,
12 words - good,
16 words - very good,
20 or more - excellent

Last week's solutions:

able agile, alien angel, angle bagel bale, lane bangle, bean began begin, being bell belting, bile bilge bine binge, elan gable gale genial gible, glean glen, legal lethal libelling, table lane lean, legal table libel lien, lingo, line, lineal.

Double Crossword

Choose either quick or cryptic clues

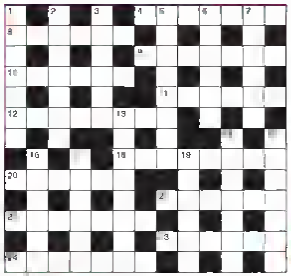
Cryptic Clues:

Across

4. Requests for a variety of apples (7)
8. If lost, they may be broken (6)
9. Study one sporting event or another (7)
10. I creep around being useful to the cook (5)
11. Looked deeper perhaps (6)
12. This gallery is no place for the artist who creates a scene! (8)
18. It was left at sea (6)
20. Routed as a diversion (6)
21. Superior gambler (5)
22. Slow train that follows one that is late (7)
23. Achieves success with the orchestrations? (6)
24. A target for a race-meeting (7)

Down

1. Pray the change will do you good! (7)
2. A girl sent round transport for the sailors (7)
3. Possible result of giving us part! (6)
5. If you start to act dumb he should help you (6)
6. The respect in which going up meets the point (6)
7. He should honour his agreement to the letter (6)
13. It expresses assent and no mistake! (3-5)
14. Runs ten cars perhaps (7)
15. Speech and attire of modern times (7)
16. Break into plain language? (6)
17. I left first followed by a Shakespearian heroine (6)
19. Turn pale (6)



Quick Clues:

Across

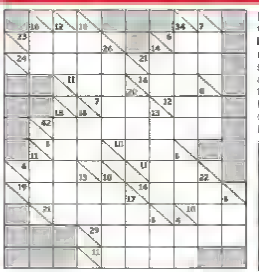
4. Particular (7)
8. Filament (6)
9. Startled (7)
10. Rotten (6)
11. Illness (6)
12. String of beads (6)
18. Apportion (6)
20. Run aground (6)
21. Dan (5)
22. Lefty (7)
23. Relax (6)
24. Balcony (7)

Down

1. Salary (7)
2. Defend (7)
3. Of the eye (6)
5. Helter-skelter (4-4)
6. Ring (6)
7. Items of business (6)
13. Scholarly (6)
14. Sickly-sentimental (7)
15. Fate (7)
16. Arrange tidy (6)
17. Higher (6)
19. Speaker (6)

Last week's solutions.
CRYPTIC Across 1 Nightshirts 9 Tip 10 Plant tree 11 Entry 13 Nel gaun 14 Larder 16 Razors, 18 Justice 19 Dildo 20 Crime wave 21 Err 22 Best sellers. Down 2 Imp 3 Happy 4 Stains 5 Inertia, 8 Turn about, 7 Sleepjack 8 Tennis court 12 Turnstile 15 Evident 17 Retrace 18 Dwell 21 Ear. QUICK Across 1 Legerdemain 9 Use; 10 Negotiate 11 Delft 13 Sullied 14 Shriek, 16 Strain 19 Artiste 19 Buyer 20 Cast aside 21 Eel 22 New Year's Day. Down 2 Ewe 3 Emes 4 Digest 5 Meteor 6 Imaginary 7 Outdistance 8 Leading role; 12 Firestarter 15 Ecstasy 17 Retina, 18 Bless; 21 Era.

Kakuro



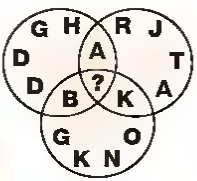
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question mark is A. Diamond, Emerald, Sapphire: all gemstones

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off.

				C
			D	
	O			
I				
		L		

A

C	O	L	C	L
A	D	I	V	E
L	N	D	A	E
E	O	S	L	N
B	P	I	V	E

B

Last week's solutions
Blind Liver Ivory Nerve Dryer

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > Click here to switch between Simple, Intermediate, Difficult

Simple

	2		7		4	5		
5	4			9			1	8
		7	1			9		
				1	7		8	9
3		2		4				7
7	8			2		4	6	
			9		5	6		
8	6			7			9	
		4			1		2	5

Intermediate

	5		4		7			9
			6		9		5	
7	4							8
		3		7	4		1	
		7		3		5		
	8		9		2			6
4							6	3
	2		7	6	8	9		
1					3		8	

Difficult

1			8					
8	9					3	1	
		5			6		4	
9				4				1
		6				7		
7				8				3
	7		2			1		
	3	1					5	9
					5			7

Chichester
HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter
@chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

Home & Garden

FOLLOW US ON TWITTER
@chiherald

Annual cost of owning and running a home rises by £179

THE annual expense of owning and running a house has increased by £179 over the past year, according to new research by Halifax.

The typical annual cost associated with owning and running a home in the UK has risen by 1.9% from £9,411 in 2012 to £9,590. The increase was, however, less than the 2.7% rise in consumer prices over the same period.

This was the third successive annual increase in the cost of owning a home following the decline recorded between 2008 and 2010, which was driven by the reduction in mortgage rates during this period.

Overall, the average annual costs of owning and running a home are now 2.0% (£184) higher than five years ago. This increase is significantly lower than the 18% increase in overall consumer prices since 2008.

Water and fuel bills have risen most in percentage terms

Water bills have increased by an average 5.6% (£27) over the past year. The next biggest percentage rise was in electricity and gas bills, which increased by an average of 4.2% (£70). Six of the 12 housing expense categories tracked have risen in cost over the past year.

Home running costs have risen across all UK regions in the last 12 months

Housing costs have risen in all UK regions in the past year. Nonetheless, only two regions - Northern Ireland (4.8%) and Wales (4.1%) - saw costs rise at a faster rate than consumer price inflation (3.3%). Those living in the East Midlands (2.0%) and London (2.0%) saw the smallest rises.

Total annual costs of owning and running a home are highest in London, at £12,094. This is 26% (£2,504) above the UK average and 52% (£4,124) higher than in Northern Ireland (£7,970), which has the lowest costs.

2008-2013

Mortgage payments have fallen by nearly a quarter since 2008

The average annual mortgage payment has fallen by £950 (21%) over the past five years from £4,521 in 2008 to £3,571 in 2013. The decline largely reflects the fall in mortgage rates since 2008.

Offsetting most of the rising cost of all other housing expense categories

In contrast, the cost of each of the other 10 housing expenditure categories tracked has risen since 2008. Electricity and gas bills have risen most (up by 57%, or £626 a year), followed by home and garden tools (25%) and water supply and miscellaneous dwelling services (22%).

Reducing mortgage payments' share of total housing costs

As a result, mortgage payments have dropped significantly as a share of total housing costs since 2008 from 43% to 37% in 2013. In contrast, the share of electricity and gas bills has risen from 12% to 16%.

Although they remain the biggest single component

Nonetheless, mortgage payments remain the largest single component of housing expenses (37%). Electricity and gas charges account for the second highest share (16%), followed by council tax payments (14%).

Martin Ellis, housing economist at Halifax, comments: "The typical costs of owning and running a home have again increased slightly over the past year, although this rise was below the general increase in the cost of living.

"Overall, the cost of owning a home has increased by 2% over the past five years, representing a significant decline in real terms. Lower mortgage payments have largely offset increases in other items of housing related expenditure, such as the substantial rises in electricity and gas bills."

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

A CHORUS LINE
LONDON PALLADIUM
WED 22 MAY 2013
£66 per person

Told through captivating song, riveting drama and stunning choreography, the auditionees describe the events that have shaped their lives and their decisions to become dancers. Based on true stories, Now for the first time since its award-winning London season premiered in 1975, the original creators join forces to bring this legendary musical to the world-famous London Palladium Boasting such classics as 'One (Singular Sensation)', 'What I Did For Love' and 'At The Ballet', A Chorus Line is an iconic musical masterpiece that should not be missed.

Seats in the Royal Circle for the 1500hrs matinee

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

01243 860800

Park Road, Bognor Regis, West Sussex, PO21 2PX

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

STRICTLY CONFIDENTIAL
MAYFLOWER THEATRE
THURS 27 JUNE 2013
Adult, Senior Citizen & Child £55

Craig Revel Horwood's brand new show, Strictly Confidential will give theatre audiences the chance to get up close and personal with the stars. Starring Lisa Riley, Artem Chigvintsev, Natalie Lowe and Ian Waite, Strictly Confidential will take fans on an epic journey told through music, song and breathtaking dance routines. Learn secrets about Lisa, Ian, Artem & Natalie in this frank & revealing autobiographical dance spectacular and share the milestone moments in each of their careers, told magnificently in song and dance.

Seats in the Stalls for the matinee performance

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton

01243 860800

Park Road, Bognor Regis, West Sussex, PO21 2PX

FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

Property

FEATURE PROPERTY:
CRAIGWEIL PRIVATE ESTATE
£465,000

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H. u.P.V.C. d/glazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens. EPC rating is E.

For more information, contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk

Top tips for buying property abroad

BUYING a property abroad is an exciting prospect, but one important rule applies – don't let your heart rule your head. It's crucial that the right advice is sought and that you don't try to cut corners. The principles you would stick to in the UK also apply when buying overseas.

Follow these tips from Coutts, the overseas mortgage specialist, to ensure that your buying experience is as hassle-free as possible.

1 Contracts

Never sign a contract that you don't understand. If two versions are provided, an English and local language, ask your solicitor to confirm the English version is a true translation, as you need to ensure it doesn't contain errors, omissions or extras. And always read the contract, ensuring that you're fully conversant with the terms and conditions you are about to agree to.

2. Obtain an Approval in Principle

If you require mortgage finance, obtain an Agreement in Principle for your mortgage before agreeing to purchase the property, or before signing any contracts and paying a deposit. This will tell you exactly how much you can borrow and what price range you can realistically consider. It will put you in a much better position with agents and developers, proving to them that you're a serious buyer, and you'll be better placed to negotiate price. It's tangible evidence that you can take along when house hunting and it can also lead to your application being fast tracked once you've chosen your property.

3 Valuation

Before proceeding with the purchase (especially with a re-sale property, regardless of age), ensure an independent valuation of the property is carried out, which should point out any problems with the property – e.g. subsidence, damp, wiring defects – and could also highlight any possible boundary disputes.

4 Legal advice

Seek specialist counsel from an independent English-speaking solicitor who is not connected to your seller, estate agent or developer. If required, you can also consult valuers, surveyors or architects. They should be proficient in your chosen country's laws and processes and also know the specifics involved in buying a property there. It's essential that they confirm to you that all required permissions, licences and planning consents have been obtained. In particular, your lawyer should check that you're buying a property with the correct title. And that you are being registered as the official owner.

One of the biggest advantages of taking out an overseas mortgage is that the lender will do its own checks on the property, ensuring that a proper legal title exists, that the property is registered in the buyer's name and that a valuation of the property takes place.

5 New build properties

If buying from a developer, what's their track record and how long have they been trading? Are references available from previous buyers? Check comparable properties in the area and any re-sales offered on the same development.

If the developer mentions rental returns, what are these based on? Check they're feasible and have been achieved in the past.

Before making any commitment, try to give yourself a "cooling off" period if you use a must-have property and are tempted to put down a deposit there and then.

6. Research

Conduct thorough research about local facilities and transport. People gravitate to locations with a nearby airport, especially if it's served by a budget airline. But remember there are no guarantees that cheap flights will continue indefinitely in one location. Proximity to basic facilities like restaurants, shops and a beach are also important.

Talk to people who already live/own property in the area you like to get a better understanding of what it's like to live there. And consider the property off season – many resorts (beach and ski) are seasonal and practically shut down when the tourists return home.

7 Exchange rate fluctuations

Even small changes in exchange rates can make a big difference to the purchase price of your overseas property, your monthly mortgage payments or future rental income.

Consider the benefits of financing your property with a mortgage secured in the local currency – e.g. if you're planning to rent out your French property through a local agent, the euro income can be used to service the monthly euro mortgage payments, thus avoiding any fluctuations in currency.

8 Local money

Open a bank account in your chosen country and, where relevant, ensure you obtain a Certificate of Importation for the money you bring in from your home country.

Set up standing orders in your local bank account to meet local bills and taxes. Failure to pay your taxes in some countries such as France, Portugal and Spain, could lead to action by the authorities.

9 Tax

Check the inheritance and capital gains tax laws of the country where you are buying. For example, it may be the case that your estate does not automatically pass to your spouse and you may, therefore, need to compile a separate will.

If you take a mortgage out on a property in France or Spain, it may reduce your inheritance tax liability as there is a debt on the property. If you rent out your property you will be liable for income tax.

Seek professional tax advice so that you're fully compliant and to take advantage of all the possible deductions.

10 Extras

Bear in mind that bills don't end at the asking price. Lawyer's fees, local and channel taxes, insurance, etc must all be met in your host country and can often add at least a further 10% to your cost of acquisition. Ensure you are, therefore, aware of the costs charged by the legal and government authorities for purchasing a property in your chosen country.

CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400
WEDDINGS
at Chichester Park Hotel
To make sure your wedding is memorable for all the right reasons, it pays not to leave anything to chance, including your search for wedding venues.
Chichester is a magnet for brides and grooms. The city's historic centre, the South Downs National Park and south coast all combine to create the perfect wedding location.
Visit our website for more information on why Chichester Park Hotel is the right venue for your big day.
Having your wedding in a hotel can make the event comfortable and convenient for both you and your guests; after the big day, you can quickly retreat to our honeymoon suite! Our hotel is suitable for either large celebrations or intimate gatherings and a bespoke menu can be designed just for you. And we can provide pre-wedding pampering sessions thanks to our Retreat Beauty Spa. So what are you waiting for? Chichester Park Hotel is the perfect venue for your wedding day!
Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel: 01243 817400 www.chichesterparkhotel.com

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER
SPITFIRES, MERLINS & MOTORS AT IWM DUXFORD
28 JULY 2013
Adult £48, Senior Citizen £46 & Child £20
For this new event, the iconic Spitfire has been partnered with stunning classic cars, represented by car clubs such as the Rolls Royce Enthusiasts Club. Hear the unmistakable roar of the exhilarating engines that power these thrilling modes of transport.
Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington
01243 868080
Park Road, Bognor Regis, West Sussex, PO21 2PX

coastguardsproperty

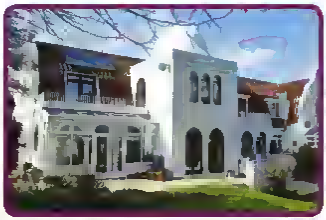
6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguardsproperty.co.uk

rightmove.co.uk The UK's number one property website
PrimeLocation.com
NAEA
Zoopla.co.uk Your advantage in property
The Property Ombudsman

ALDWICK **£500,000**

A spacious and interesting attached property situated in a small private marine estate with access to the beach. The property which would benefit from some refurbishment comprises the West wing of approx half of the original detached house. G.F.H. & solar panels, majority dble glazing, impressive dual aspect open plan living rm plus sep. dining area, sun rm, kit/breakfast area, shower rm, first fl reception rm, first floor kitchenette, master bed with en suite shower rm, 2 further bedrms, bathrm, dble garage and good sized gdns with access to a small copse which is collectively owned by the residents. EPC RATING: E



ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H. u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, hallway, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK **£595,000**

A spacious three bedroom detached bungalow situated on the beach front of a private marine estate. Built in the 1970's and requiring modernisation and some refurbishment, majority double glazed, gas central heating, u.P.V.C. fascias/soffits, large open plan living area, good sized kitchen/breakfast room, utility room, master bedroom with an suite shower room, two further bedrooms, bathroom, double garage. South facing garden with direct beach access. SUPERB SEA VIEWS. EPC rating is E

ALDWICK **£435,000**

An exceptional five bedroom detached house situated in a cul-de-sac of just four similar properties, located within half a mile of shopping facilities at Rose Green & a little over half a mile to the beach. G.F.H., u.P.V.C. double glazing, cloakroom, a dual aspect living room with feature Art Deco style cabinets, a superb kitchen/dining room fitted with an extensive range of handbuilt solid Beech units and an imaginative display/storage unit in the style of a castle, good sized utility rm fitted with matching handbuilt furniture, gr.fl.bedrm, master bedrm with extensive handbuilt furniture & en suite shower rm, bedrms two, 3 further bedrms, bathrm, double garage & landscaped gardens including a south westerly aspect. EPC Rating D

ALDWICK BAY ESTATE **£275,000**

A three bedroom ground floor apartment situated in a quiet cul-de-sac of the Aldwick Bay private marine estate approx 300 yards from the private beach. gas c.h. u.P.V.C. dble glazed, fitted carpets, dual aspect living room opening to a South facing courtyard garden, dining hall, kitchen, three bedrooms, bathroom, cloakroom, garage and communal gardens. EPC rating is D

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

ALDWICK **£149,950**

A one bedroom made care apartment in the grounds of the Royal Bay care and nursing home, purpose built to be 'elderly user friendly' with many safety features and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets, replacement shower room, refurbished kitchen and an internal redecoration. Gas c.h., double glazing, living room and a communal laundry room. EPC rating is C

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Rare bug sighted: Limited edition Volkswagen Beetle GSR now available

FOR the first time, UK Volkswagen Beetle fans can order the legendary GSR model, some 40 years after the original Beetle GSR made its debut in the European market.

Unveiled earlier in 2013 at the Chicago Auto Show, the Beetle GSR has a unique design and powerful 210 PS turbocharged engine. A real limited edition, just 3,500 of these cars will be made worldwide, and 100 of them are being offered to UK customers.

The GSR has a legendary predecessor, the Yellow Black Racer' which was based on the Beetle 1303 S and made its debut 40 years ago [NB GSR stands for Geln Schwarze Rennen' in German, which means Gold-Black Racer] Only 3 500 of the original model were produced as well.

Volkswagen has re-interpreted the concept of the 1970 s GSR for the modern era Just like the GSR from days gone by, the body of the new version is yellow The bonnet and the boot lid of the 1973 Beetle were painted in matt black, as were the bumpers, while black trim strips underneath the side windows and black/yellow side stripes above the door sills rounded off the look Now, yellow and black are the link between old and new – the bonnet and the boot lid of the new Beetle GSR are black once again, and this time so are the roof and the exterior mirror trims Black/yellow stripes with GSR lettering ensure a unique silhouette above the side sills Yellow painted bumpers in new R-Line design and a larger than standard yellow and black rear spoiler complete the GSR look. Unlike the older Beetle – and for those who prefer something a little more subtle – the new Beetle GSR can also be ordered in Platinum Grey and Black.

While the 1973 GSR came with 15-inch steel wheels with 175 size tyres, the latest model features 19-inch 'Tornado' alloy wheels with 235/40 tyres The black/yellow interior of the GSR from days gone by featured a leather sports steering wheel and sports seats Four decades later, customers demand more, and the GSR comes with R-Line racing seats (with fabric covers and contrasting yellow stitching), a high-grip leather sports steering wheel (also with contrasting yellow stitching) and a badge with the car's special-edition number (1 to 3,500) The car also boasts an R-Line dash pad, GSR gear stick, leather handbrake lever gaiter and black floor mats with contrasting yellow embroidery.

Forty years ago, the yellow/black Beetle needed just 50 PS to turn the world of compact cars on its head These days, it takes somewhat more than that to make headlines, and with its 2 0-litre turbocharged 210 PS engine the GSR needs just 7 3 seconds to accelerate to 62 mph It has a top speed of 142 mph, 280 Nm of torque from 1,700 rpm to 5 200 rpm and is expected to return a combined fuel economy of 38 7 mpg with CO2 emissions of 169 g/km. The new Beetle GSR can be ordered with either a six-speed manual or DSG gearbox. The manual Beetle GSR costs £24,900 (OTR RRP) with a £1,500 premium for DSG The car is available to order now with first deliveries expected in September.

Customers who don t manage to secure one of the UK's 100 Beetle GSR models can still get their hands on a faster Beetle all 2.0-litre TSI models factory ordered from 1 May come with the upgraded engine, offering 210 PS rather than the previous model s 200 PS.

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS

HIRE THE FUNKY FIAT 500 NOW

£25.00 + Vat For 1 Day
£60.00 + Vat For 3 Days
£99.00 + Vat For 7 Days

GREAT CAR - GREAT PRICE - GO ON, HAVE SOME FUN !
BOOK ONLINE, BOOK BY PHONE OR SIMPLY POP IN.

West Sussex Trading Standards
Buy With Confidence
Approved Trader

www.panthertruckrental.co.uk e-mail enquiries@panthertruckrental.co.uk
FAMILY RUN BUSINESS - ESTABLISHED 1987

CHICHESTER 01243 778109

Let's Go! Hyundai Direct

2011 Plate i10 Classic

Retail ~~£6995~~

Now just £4995*

After Guaranteed Minimum Part Exchange £2000

from only £79^ per month

Finance Example i10 Classic Lease Purchase
48 monthly payments of £79.85
Total amount payable including optional final payment after £2000 Min. PX allowance £3790.30
Optional final payment (based on 8000 annual miles) £1957.50
Deposit £500
Our price before minimum Part Exchange allowance £6995
Total charge for credit £791.30

10.9% APR representative

5 Balance of year unlimited mileage warranty

Europe's No 1 Hyundai dealer

5 Balance of year RAC cover

Best City Car from Car Buyer

£20 Road Tax per year

upto 67.3 mpg

Balance of 5 YEAR TRIPLE CARE UNLIMITED MILEAGE WARRANTY

62 Plate i20
5 Door Man/Auto/Pre-reg, Delivery mileage
OUR PRICE from **£6995**
After Guaranteed Min PX of up to £3000
NO EXCEPTIONS NO EXCLUSIONS
from only **£119^** per month

12 Plate New Shape i30
Saloon Man
OUR PRICE from **£8995**
After Guaranteed Min PX of up to £5610
NO EXCEPTIONS NO EXCLUSIONS
from only **£149^** per month

62 Plate ix20
Pre-reg, Delivery mileage
OUR PRICE from **£9995**
After Guaranteed Min PX of up to £2325
NO EXCEPTIONS NO EXCLUSIONS
from only **£179^** per month

62 Plate i30 Hatch/Tourer
Pre-reg, Delivery mileage
OUR PRICE from **£10,995**
After Guaranteed Min PX of up to £3610
NO EXCEPTIONS NO EXCLUSIONS
from only **£199^** per month

62 Plate ix35
Man/Auto/Pre-reg, Delivery mileage
OUR PRICE from **£12,995**
After Guaranteed Min PX of up to £4560
NO EXCEPTIONS NO EXCLUSIONS
from only **£219^** per month

12 Plate i30
Man/Auto, Petrol/Diesel
OUR PRICE from **£6995**
After Guaranteed Min PX of up to £5785
NO EXCEPTIONS NO EXCLUSIONS
from only **£129^** per month

62 Plate i40 Saloon/Tourer
Man/Auto/Pre-reg, Delivery mileage
OUR PRICE from **£13,495**
After Guaranteed Min PX of up to £5020
NO EXCEPTIONS NO EXCLUSIONS
from only **£219^** per month

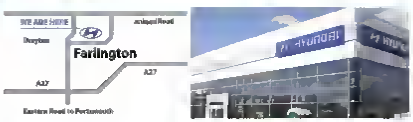
2013 New Santa Fe
Man/Auto, S/7 seats
OUR PRICE from **£22,995**
After Guaranteed Min PX of up to £2855
NO EXCEPTIONS NO EXCLUSIONS
from only **£399^** per month

12/62 Plate Veloster
Man/Auto
OUR PRICE from **£12,995**
After Guaranteed Min PX of up to £5010
NO EXCEPTIONS NO EXCLUSIONS
from only **£209^** per month

12 Plate Santa Fe
Man/Auto, S/7 seats
OUR PRICE from **£16,995**
After Guaranteed Min PX of up to £6760
NO EXCEPTIONS NO EXCLUSIONS
from only **£309^** per month

12 Plate iLoad
LARGEST MODEL from **£8995**
Plus VAT
from only **£38^** per month

61 Plate i800
Man/Auto
OUR PRICE from **£16,995**
Save £5705
from only **£309^** per month



FITZHERBERT ROAD, FARLINGTON, PORTSMOUTH PO6 1RU
128 MIDDLETON ROAD BOGNOR REGIS WEST SUSSEX PO22 9DL

CALL OUR HYUNDAI SALES HOTLINE ON **02392 987 815** | CALL OUR SERVICE HOTLINE ON **01243 583 185**

Richmond MOTOR GROUP
www.richmondmotorgroup.com

Europe's No 1 Hyundai dealer
Search 'Richmond Hyundai' on facebook

MOTOR TRADER AWARD WINNER

Europe's busiest Hyundai dealer could be the career for you!

We currently seek
- Workshop Controller Apprentice
- Service Receptionist Apprentice
- Marketing Receptionist
- Warranty Administrator
- Vehicle Technician
- Sales Executives
- Parts Receptionist

Email CV to jobs@richmondmotorgroup.com

Softball

Falcons off to a flying start

CHICHESTER FALCONS got off to a winning start to the 2013 softball season with a well earned 30-29 victory over UPSU Shefters

A blustery afternoon made it a tough day for both teams' pitchers, with many at-bats going to full count. The Falcons but well going ahead 15-8 by the second inning having earned 6 walks thanks to the keen eye of Emma Brown and Lucy Morris, while Ben Sawkins hit his first of two home runs Shefters clawed back 8 runs in the third however, going ahead by one, but the Falcons responded well in the fourth with home runs by Dave Morris and Lee Dudney

By now the wind was causing havoc for the pitchers and outfield alike, as strikes became a rarity and flyballs were buffeted in the air but Harsha Desai and Jason Mercer showed safe hands and kept the Falcons in the game. Two runs behind at the top of the seventh, Matt Tebb and Belinda Cheetham came up with the goods and darted around the diamond to put the Falcons one ahead, leaving the Chichester side with a final inning to which they had to restrict the Shefters to no more than one run

The game was won by Ben Sawkins as the last batter grounded to shortstop with the tying run on third, Ben Sawkins made no mistake and just beat the runner to the bag to end the game

The Falcons' next fixture is on 26th May at The Fishbourne Centre on Blackboy Lane First pitch is at 11am.

Elsewhere, Falcon infielder Ilse van Roessel played for Sussex in the Great Britain Fastpitch League in Slough where she pitched with aplomb for the county side on May 5th. Six Falcons were also called up to represent the Solent League E and C grade teams in the Diamond Series tournament on May 11th & 12th. Matt Tebb, Lucy Morris, Vicki Cathie, Belinda Cheetham, Dave Morris and Ben Sawkins played a weekend of matches against opponents from all over the country

Anyone who wants to try softball and join the Falcons should email chichesterfalcons@gmail.com or visit www.chichesterfalcons.com

Straight from the commentary box

Should I stay or should I go...

Johnny Cantor

IT WAS 70s punk band The Clash who posed that question a long time ago. This week Albion fans are asking themselves will he stay or will he go. The mood after the defeat to Palace at the Amex on Monday was strange

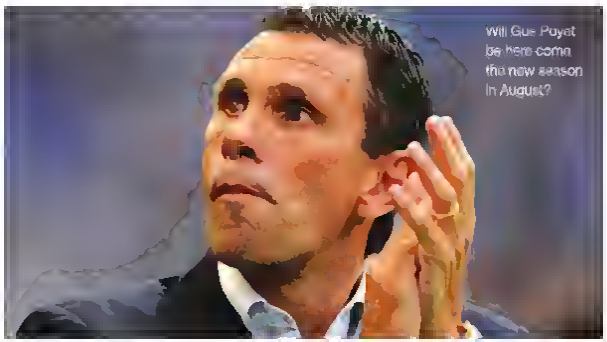
The dejection and disappointment was short-lived as supporters listened to the manager Gus Poyet announce in his post match interviews that he would have to consider his own future. At the time I was unsure as to whether the comments were born out of frustration or ambition

It was a shame after what I consider to have been such a successful season. A fourth placed finish and another victory over Premier League opposition in the FA Cup are certainly a remarkable achievement in my view. However, the signs have been there for some time. The atmosphere around the manager seems to have changed of late with rumours of unrest behind the scenes.

The manager flirted with Reading and did nothing to dismiss any links to other jobs. He's certainly ambitious and his remarkable three and a half years at Albion in his first job as a number one shows he has what it takes

There is also no doubt the job of promotion to the Premier League will get even more difficult as each season arrives. Parachute payments for failing clubs in the top flight and Financial Fair Play rulings for those without them pose a greater challenge to clubs like the Albion

I would like to see Poyet give it another go but it seems both his eyes, and those of other clubs, are wandering. Seagulls fans have been very pragmatic over the future of their manager but there appears to be some new who would not be too disappointed if he went to pastures new. At the time of writing, Fulham were the latest club reported to have Poyet on their radar



As for 'Should I stay or should I go', it could be a case of 'London Calling'

Follow Albion home and away on BBC Sussex Sport

BBC SUSSEX
95.3FM | 104.5FM | 104.8FM | DAB
Be part of it.

Follow them on Twitter
@BBCSussexsport
@johnnyceburger

Let us know what you think
@chiherald

Golf

New appointment for Golf at Goodwood

ONE of the most accomplished and experienced professionals in women's golf who has worked with victorious Ryder Cup captain Bernard Gallacher is to join the Golf At Goodwood team this month

Kerry Knowles played on the Ladies European Tour for four years before joining the prestigious Wentworth Club as an assistant professional. The 38 year old brings to Goodwood a vast knowledge on all aspects of the golf industry including retail sales as well as tuition at every level and an extensive background in organising prestigious tournaments such as the PGA Championship and the historic World Matchplay Championship

With 15 years of professional experience, Kerry says "I am passionate about golf and really enjoy sharing my enthusiasm with my players and I also regard first class customer service as a priority."

The former English Ladies Champion possesses an impressive list of additional achievements including the design and construction of a golf academy with driving range in Sardinia as well as subsequently taking responsibility for generating revenue for the complex.

She won the Southern Region PGA Leading Assistant award for three years in succession and was Head Assistant Professional at Wentworth before taking up her new post at Golf At Goodwood as Golf Operations and Teaching Professional where she will be responsible for assisting with the golf operations including running golf days and looking after members plus teaching at the academy

Kerry has played tournament golf throughout Europe as well as Sweden, South Africa and Asia and says "My experiences on tour has taught me the value of a holistic approach to coaching to enable players to reach their full potential whilst keeping it fun."

GUARANTEE YOUR SEAT AT THE AMEX
2013/14 SEASON TICKETS
AVAILABLE NOW!
INTEREST FREE DIRECT DEBIT OPTION* ON ALL 2013/14
Ticketline 0844 327 1901
Or visit www.seagulls.talen
Alternatively you can visit either the Queens Road or Amex ticket offices

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS	42	28	10	4	114	35	79	94
REDHILL	42	29	6	7	95	42	53	93
EAST PRESTON	42	25	10	7	97	50	47	85
RYE UNITED	42	24	11	7	117	57	60	83
PAGHAM	42	26	5	11	90	52	38	83
LINGFIELD	42	23	7	12	102	78	24	76
HASSOCKS	42	21	7	14	97	69	28	70
EAST GRINSTEAD TOWN	42	21	6	15	97	65	32	69
RINGMER	42	20	9	13	76	68	8	69
HORSHAM YMCA	42	19	7	16	97	71	26	64
ST FRANCIS RANGERS	42	17	8	17	76	73	3	59
HAILSHAM TOWN	42	17	2	23	77	90	-13	53
LANCING	42	14	10	18	80	75	5	52
ARUNDEL	42	14	8	20	61	86	-25	50
CROWBOROUGH ATHLETIC	42	15	5	22	68	99	-31	50
SIDLEY UNITED	42	13	7	22	67	87	-20	46
SHOREHAM	42	14	4	24	69	106	-37	46
SELSEY	42	11	12	19	53	76	-23	45
CHICHESTER CITY	42	12	6	24	63	107	-44	42
DORKING WANDERERS	42	10	11	21	62	80	-18	41
AFC UCKFIELD	42	5	4	33	53	141	-88	19
WORTHING UNITED	42	3	7	32	43	147	-104	16

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
LITTLEHAMPTON TOWN	34	26	4	4	91	27	64	82
NEWHAVEN	34	22	4	8	90	52	38	70
LITTLE COMMON	34	21	5	8	94	43	51	68
EASTBOURNE UNITED AFC	34	20	5	9	97	64	33	65
WESTFIELD	34	17	7	10	67	56	11	58
BROADBRIDGE HEATH	34	17	4	13	82	62	20	55
MILE OAK	34	15	8	11	65	57	8	53
MIDHURST & EASEBOURNE	34	14	9	11	80	73	7	51
LOXWOOD	34	14	7	13	57	60	-3	49
STEYNING TOWN	34	14	6	14	73	61	12	48
BEXHILL UNITED	34	12	10	12	67	71	-4	46
SEAFORD TOWN	34	12	8	14	64	64	0	44
STORRINGTON	34	12	7	15	50	67	-17	43
SOUTHWICK	34	9	4	21	38	75	-37	31
OAKWOOD	34	8	7	19	62	88	-26	31
WICK	34	8	7	19	44	74	-30	31
RUSTINGTON	34	7	8	19	53	81	-28	29
SALTDEAN UNITED	34	2	2	30	37	156	-119	8

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	22	17	3	2	71	23	48	54
HAYWARDS HEATH TOWN	22	16	5	1	59	13	46	53
BARNHAM	22	14	3	5	73	30	43	45
BILLINGSHURST	22	10	5	7	45	37	8	35
CLYMPING	22	9	5	8	35	29	6	32
UCKFIELD TOWN	22	9	5	8	41	43	-2	32
FERRING	22	9	7	6	51	45	6	*31
ROFFEY	22	6	4	12	33	50	-17	22
HURSTPIERPOINT	22	6	4	12	24	42	-18	22
IFIELD	22	4	5	13	34	52	-18	17
ROTTINGDEAN VILLAGE	22	4	2	16	28	76	-48	14
TD SHIPLEY	22	3	2	17	15	69	-54	11

* 3 Pts deducted - ineligible player

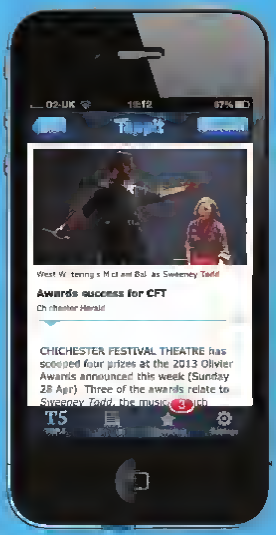
Advertise. Publish. Easy.

Tappit
You can't knock it.

Visit **www.tappit.co.uk** to get a FREE account and start creating an advert in just a few easy steps...

Category | Location | Date | Logo | Content | Publish

Get the Free Tappit App.


Awards success for CFT
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to

Up-to-the-minute information about what's happening where you are...

- Location-based news, info, offers & deals.
- Favourite your interests for future alerts.
- Customise what you want to see.

Available on the App Store

ANDROID APP ON Google play